Hafa Adai!

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Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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New program will cover 2 years of NMC tuition, fees

LEIGH GASES

Northern Marianas College president Galvin Deleon Guerrero, Ed.D., unveils the new Proa Promise Program to NMC students and staff on Friday at the Royal Taga Ballroom of the Saipan World Resort.

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

Starting this fall 2022 semester, any U.S. citizen who pursues a degree at the Northern Marianas College will "be provided the financial resources needed to cover the full cost of tuition and fees for the first two years."

That, in essence, encapsulates the "Proa Promise Program," which was unveiled last Friday, April 29, at the Royal Taga Ballroom of the Saipan World Resort during NMC's 2nd Annual Research Symposium. The program is spearheaded by the NMC Board of Regents.

NMC president Galvin De Leon Guerrero, Ed.D., who launched the program before NMC students, educators, CNMI lawmakers, and other community members, said the "Proa Promise Program" provides students a "last-dollar scholarship," meaning the

»Program basically guarantees college degree for anyone in the CNMI who attends NMC

»First in the Pacific, only second in the nation

See NMC on Page 4

Flame Tree Arts Festival returns

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

The 41st Flame Tree Arts Festival's opening ceremony last Friday was also an emotional one, not only because it saw the festival's resumption after two years of being dormant due to the COVID-19 pandemic, but it was also an occasion when many of the CNMI's artists who have passed away in those two years were remembered.

The fallen artists—Jose Tilipao Limes, David Anthony S. Hosono, Lana Lynn Fitial, Felix Fitial, Raymond N. Fitial, and Fautisto G. Tebuteb—and their families were recognized at the opening ceremony, with promises to keep their memories and legacies alive.

This three-day festival—held Friday to Sunday—was notable for being held for the first time at the Sugar King Park and the adjoining CNMI Museum grounds in Gara-

See FLAME on Page 4

LEIGH GASES

Tyler Warwick is seen carving a "fishing club" last Sunday during the last day of the 41st Flame Tree Arts Festival at the Sugar King Park and NMI Museum grounds.

102 marathons in 102 days: Amputee's unofficial record

By WILLIAM J. KOLE and ROSS D. FRANKLIN
ASSOCIATED PRESS

GILBERT, Ariz. (AP)—As Forrest Gump in the Oscar-winning 1994 film of the same name, lead actor Tom Hanks abruptly trots to a halt after more than three years of nonstop running and tells his followers: "I'm pretty tired—I think I'll go home now."

Jacky Hunt-Broersma can relate. On Thursday, the amputee athlete achieved her goal of running 102 marathons in as many days, setting an unofficial women's world record.

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COMMUNITY VULNERABILITY

LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

INSIDE

NATION
Over 1,000 firefighters backed by bulldozers and aircraft battle the largest active wildfire in the U.S.
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ASIA
An explosion rips through a mosque in the Afghan capital of Kabul, killing at least 10 people.
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LIFE & STYLE
Hollywood actress and U.N. humanitarian Angelina Jolie makes a surprise visit to Ukraine.
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Local

Bill seeks to incentivize businesses that hire ex-offenders

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Rep. Angel Demapan (R-Saipan) has introduced a bill that would essentially provide incentives in the form of tax breaks to employers that hire non-violent ex-offenders.

Demapan introduced last Wednesday the Responsible Reintegration Act in the House of Representatives during a House session. He explained that the bill is modeled after the United States' "Second Chance Act" that aims to help ex-convicts transition back into the community.

"The intent of this bill is really to give our nonviolent ex-offenders who complete their sentences and are ready to reintegrate back into the community an opportunity and a pathway to employment," Demapan said.

The bill was unanimously adopted by the House of Representatives during last Wednesday's session and has been referred to the House Committee on Ways and Means just in time for the CNMI's celebration of Re-entry Week.

"Today, I took the opportunity to introduce the bill because the CNMI is about to observe or is observing Re-entry Week. And this is really one of those programs and services that other jurisdictions promote for re-entry, and reintegration. So it's referred to the committee. Hopefully we will have an opportunity to move that legislation this term," Demapan said.

Demapan

He said the most important part for him is to help ex-offenders become contributing members of the CNMI because, based on the testimonies of employers who already hire ex-offenders, they are some of the most hard-working employees they have.

"The most important thing is we help the nonviolent ex-offender become a contributing member of our society and we grow our own labor workforce. Honestly, some of the businesses already hire nonviolent ex-offenders, and some of these businesses have come forward. I've shared that these are some of the most valuable employees in the organization because they've been given a second chance at life. And they take that extra step to make sure that they don't squander that opportunity," he said.

Demapan explained that the bill, if enacted into law, is open to all employers who choose to help ex-offenders reintegrate back into society.

"This opportunity is on the employer side. What this bill aims to do is to really give a tax incentive—for a minimum of two tax years—to our business community who employ nonviolent ex-offenders," he said.

The bill would essentially waive tax obligations for qualified employers for up to two years or up to $10,000 per employee.

"The tax incentive really comes by way of waiving the tax obligation the employer would have had on that employee's wages and salary. So instead of paying the tax, we rebate that tax back to the employer, but up to only a certain amount, and I believe in this legislation is up to $10,000 per employee. It really is a full cycle that comes back around. Instead of the employer paying for the income tax, it becomes a tax break for them, for their demonstration of trying to help reintegrate these people back," he said.

COURTESY CALL CONTRIBUTED PHOTO

Lt. Gov. Arnold I. Palacios, Guam Gov. Lou Leon Guerrero, Wella Palacios and Saipan Mayor David Apatang pose for a souvenir photo after the CNMI officials made a courtesy call on Leon Guerrero several weeks ago. The officials reportedly discussed the Guam-CNMI relationship and both Palacios and Apatang thanked the Guam governor for the "spirit of Hafa adai and Inàfamaùle" accorded by Leon Guerrero-Tenorio administration to CNMI residents now living in Guam, especially during the last two years with COVID-19 pandemic.

Two Rota lawmakers to fund CBP officer for Rota

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Two lawmakers from Rota have proposed an agreement to fund transportation for a Customs and Border Protection officer from Saipan to Rota in an effort to encourage Star Marianas Airlines Inc. to resume flights from Rota to Guam as soon as May 8.

According to a letter from Rep. Donald Manglona (Ind-Rota) addressed to SMA general manager Jose Cruz, his office and Sen. Paul Manglona's (Ind-Rota) are ready to fund the airfare for a CBP officer from Saipan to Rota once SMA agrees to resume flights from Rota to Guam.

D. Manglona

"I hereby request for your approval in resuming the air service between Rota and Guam with the understanding that the daily cost of the air transportation of a Saipan-based CBP officer to Rota for a span of one month will be borne by my office and the office of Sen. Paul Manglona. The payment will be processed immediately upon approval of my request. In the meantime, a permanent arrangement will be made for a source of funding to be provided through the Rota delegation or the central government, to ultimately avoid the financial burden being shouldered by the passengers of this air service," the letter stated.

Manglona noted that the lack of a CBP personnel to conduct a pre-clearance check is one of the reasons flight service between Rota and Guam was temporarily suspended.

P. Manglona

Currently there are no CBP personnel stationed on Rota or Tinian, since Saipan is currently the only point of entry and exit for international flights.

However, Manglona is hoping that this proposed agreement would result in the immediate resumption of air service from Rota to Guam, which he said is vital for the people of Rota.

"Through an agreement between SMA and Customs and Border Protection, the air service between Rota and Guam can resume immediately with the presence of a CBP officer on Rota to conduct the pre-clearance process. This air service would provide the island of Rota, in addition to U.S. mainland and international destination transit flights, a greater opportunity for medical care, education, and access to affordable commodities on Guam. In closing, it is with great hopes that your timely consideration can be made to the matter regarding the pre-clearance of departing passengers from Rota to Guam," he said.

There was no immediate word on whether Star Marianas Airlines has already responded to this letter or whether CBP is amenable to this proposal.

Free board of directors workshop

The Marianas Alliance of Non-Governmental Organizations is offering a free community workshop on the roles and responsibilities of the board of directors. The workshop is scheduled for May 11, 2022, from 9am to 12pm at the MANGO Resource Center.

Gain a chance to win MANGO merchandise and professional services that value up to $600 for every community workshop you attend! All attendees will have their names entered into a raffle pot. (The more workshops you join, the more times your name will be entered!) Drawing will be on the last Community Workshop module in September. If you're interested in attending, you may register online at: https://tinyurl.com/2p8jw5yr

This workshop curriculum includes information on the division of responsibilities between the board od directors and the executive director. Specific fiduciary responsibilities will also be presented. Learn about standard board operations like setting the agenda for a board meeting, what should be included in board minutes, and how to write a board resolution. Doors open at 8:30am to allow networking among participants. Refreshments will be provided.

"I attended the Lemmai-Mei Project prior to my current role as senior project coordinator at [Friends of the Mariana Trench]. Attending the workshop series is also a great place to connect with other organizations across the CNMI. Although I had already been working in the nonprofit sector for a few years, this series helped me to hone my work experience and better prepare me for my role at the Friends. I've met and learned so much by listening to the experiences of the program participants," said Joleen Salas, who is a past participant of a MANGO workshop.

For more information, contact Shawna Babauta via email at: info@mangocnmi.org or via phone: (670)233-6200. ***(MANGO)***

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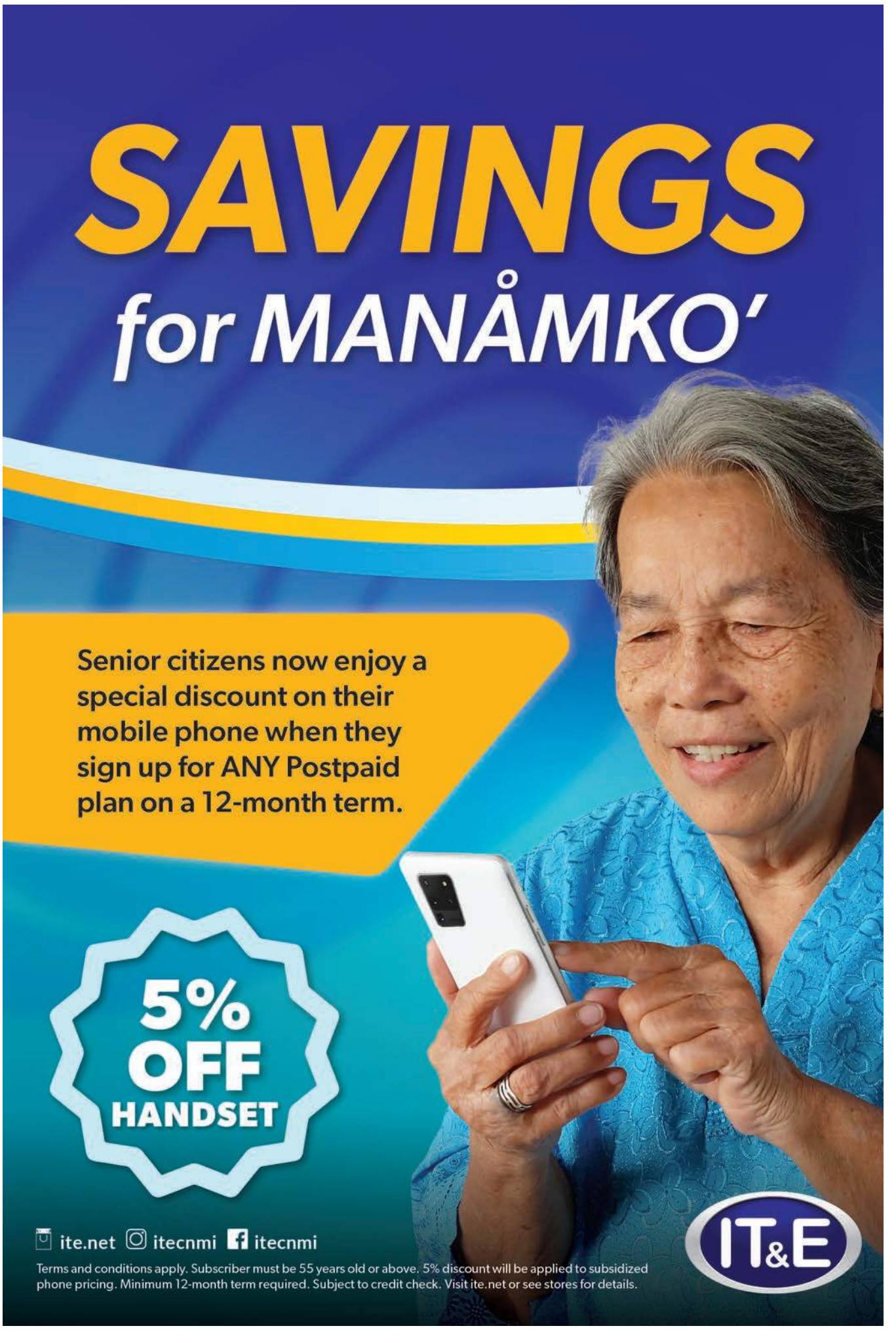
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IT&E

Rep. Manglona to run for Senate seat

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Rep. Donald Manglona (Ind-Rota) has officially announced his intent to run for a Senate seat in the upcoming general election on Nov. 8.

According to Manglona's social media post over the weekend, the district 7 representative will be running in this year's election as an independent candidate.

"As the current road in this fulfilling journey nears its destination, I have contemplated which new roads to take. After much thinking and discussions with family, friends and dear people of Rota, I have decided to take a much-needed drive to the Senate where I will bring my leadership, integrity, and commitment to improve our CNMI. There is no doubt that speed bumps lie ahead, but be assured that I will not stray away from the promises I made when I first ran for office. I will continue to fight for a better CNMI and work cohesively with my colleagues to ensure that our people are always put first," he stated.

Manglona said he remains committed to serving the people of Rota no matter what his political affiliation.

"I hope that my actions speak for itself and that I have proven my dedication to the people of our beloved Rota—and not to any one party, individual, or corporation. I hope you continue to see in me, a leader who will not be compromised nor compromise our island for the gain of a few. With this, I invite you to accompany me in this journey and in November, I humbly ask for your vote of confidence in me, Donald Manalang Manglona, for senator," he said.

Manglona said if he succeeds, he aims to continue to work on legislation that protects the government, its resources, and secures a promising future for generations to come.

"I have introduced legislation that protects our vulnerable people from hate crimes and punishes those who cause harm to others for choosing to be free in how they identify themselves, and in who they can love. Additionally, I have introduced legislation that takes back control of how local and federal funds should be appropriated by the Legislature in order to address the many concerns and issues we face today. Currently, I'm working on legislation to require funding to be set aside to support our people from future emergencies and disasters. Currently, I am in the process of working to restore flights to Guam," Manglona said.

Woman allegedly stole cell phone

By LEIGH GASES
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CORRESPONDENT

A woman was arrested last Thursday, April 28, for allegedly stealing a cell phone from a friend's house where she was living temporarily.

Superior Court Associate Judge Teresa Kim-Tenorio imposed a $5,000 bail on Liva Fitial, 39.

It was learned that the mother in-law of the victim was the friend of Fitial who offered her a place to stay in Koblerville, because Fitial was having issues with her boyfriend.

The cell phone's owner said that when she woke up in the morning, she could not find her cell phone and was told by her boyfriend's sister that she saw Fitial take it and leave the house.

Fitial allegedly then tried to sell the phone for $40 to an electronic shop on Beach Road that buys used items. According to the phone owner, she had bought the phone for $900.

When the phone was tracked on the cell phone owner's laptop to the electronic shop, it was discovered that the shop owner didn't purchase the phone because it was locked and the two people, a male and a female, trying to sell it couldn't unlock it. The cell phone owner allegedly recognized Fitial in a video footage from the shop shown to police officers investigating the case. Later, the phone was tracked to a gaming establishment where Fitial was arrested.

Fitial's preliminary hearing is set for May 6.

Rota scholarship program remains on hold indefinitely

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Rota Municipal Scholarship and Housing Program remains on hold indefinitely due to a change in the CNMI's financial management system, even as many students are still awaiting financial aid.

According to a letter from Sen. Teresita Santos (Ind-Rota) addressed to Finance Secretary David Atalig, she informed the CNMI Department of Finance that the Rota Municipal Scholarship and Housing Program remains suspended indefinitely due to a change in the CNMI's financial management system.

"I recently met with Ivan T. Mereb Jr., Rota Municipal Scholarship Board chairman, and was advised that our municipal scholarship and housing program has been on an indefinite hold because they are unable to enter pertinent information into the 'Munis,' the CNMI's new financial management system," she stated.

Santos pointed out that dozens of students are still awaiting financial aid, with the end of the school year fast approaching.

"Currently, recipients are patiently waiting for their much-needed scholarship and housing assistance. Graduation is just around the corner and many of our high school graduates have applied for our local scholarship and are set to leave for college this fall. With the complexity of paying for college, our students' financial struggle is further exacerbated by the inability of our municipality to provide them with our local scholarship," Santos said.

Because of this, Santos is seeking Atalig's help in resolving the issues with the financial management system so Rota scholars can soon receive their financial aid.

"I respectfully seek your understanding and compassion to immediately assist us with our pending issues on Munis. As soon as the situation is resolved, we can expedite the input of information followed by the printing of the checks," she stated.

NMC

From Page 1

program will cover the cost of tuition and mandatory fees that are not covered by the Pell grant, other federal financial aid, CNMI Scholarship grants, municipal scholarships (Saipan Higher Education Financial Aid, Tinian Municipal Scholarship, or Rota Municipal Scholarship), military educational benefits, and private scholarships.

Soon after the program's unveiling, NMC immediately signed up four brand new students who will be enrolling at NMC this fall semester: Christopher Pangelinan from Grace Christian Academy, Daren Angel Johnson from Kagman High School, Ejay Aguirre from Marianas High School, and Margarita Terlaje from Mount Carmel School.

De Leon Guerrero emphasized that NMC will never break that promise of education, and that "the only way we can realize the promise of education is to fulfill our promise" to education.

"Education is the ultimate promise. We know that people with a college education not only…make more money, they tend to live longer, healthier lives, and they tend to be much more engaged civically. But the promise of education can only be realized when we fulfill our promise to education," he added.

According to De Leon Guerrero, NMC will be the first in the Pacific and only the second in the nation to roll out a program that's going to basically guarantee a college degree for anyone in the CNMI who chooses to attend NMC.

According to De Leon Guerrero, this initiative comes after many conferences and discussions, and in the wake of a previous national conversation about making community colleges free (which has not happened yet). He said NMC decided to give it a go and try to push for this new initiative to make college more accessible.

He said NMC will also roll out a new set of "wraparound services" to provide students with the academic, social, and technical support needed throughout the course of their college career. "This includes implementing a cohort-based learning system with the incoming freshmen class and providing mentorship to students by both their peers and college employees."

NMC will also help graduates transition out with a robust set of career placement services that ensure gainful employment and contribute to the workforce needs of the NMI.

"Community colleges have always made a difference, especially for those with the greatest need and the least resources. NMC is proud to be a community college that supports all our students," De Leon Guerrero said in a later interview.

FLAME

From Page 1

pan—a departure from previous year's festivals that were either held at the Civic Center in Susupe or the American Memorial Park. The new location meant that a section of Middle Road had to be closed to traffic. That was possibly what caused the opening ceremony to be delayed by more than 30 minutes due to the traffic jam in the area caused by those who did not know about the road's closure.

The event saw more than a thousand people from Saipan, Tinian, and Rota gather together in celebration of the arts, live performances, and food. There was also a sizeable delegation from Rota.

"I'm happy it's back because I get to enjoy the weekend with my family and friends and just enjoy the food and entertainment. It's nice we get to do stuff like this again after more than two years of nothing because of COVID," said one person interviewed at the festival.

Department of Community and Cultural Affairs Secretary Joseph P. Deleon Guerrero said the festival's theme—"Healing Through Arts"—was also fitting, given what the CNMI community has gone through these past two years with the COVID-19 pandemic.

"Our islands were at a standstill, as we stayed home, refrained from social gatherings and did our best to comply with COVID guidelines to keep our community safe. But despite all that we have endured, we stayed Marianas strong and resilient as ever. And our theme, 'Healing Through Arts,' is part of the islands' healing process," he said.

Deleon Guerrero said that, by just coming together as a community once again, to celebrate and enjoy the arts, the food, and each other's company is healing for the body, mind and soul. "We are back and we will continue our tradition of celebrating our annual festival in honor of our artists and our community," he added.

Gov. Ralph DLG Torres thanked the Flame Tree Festival committee and Parker Yobei, executive director of the Commonwealth Council for Arts and Culture, along with Jerry Tan of the Tan Siu Lin Foundation for assisting with the holding of the festival.

Danny Aquino, executive director of the NMI Museum said, "We always welcome outdoor activities at the NMI Museum of History and Culture because events increases our traffic and builds our capacity. I would like to thank Arts Council director Parker Yobei for letting the NMI Museum be a part of the event. Also thank you to the secretary of DCCA for continuing to support the museum and to Gov. Torres for recommending the closure of the road for the Flame Tree Arts Festival. This would ensure the safety of the public navigating between Sugar King Park and the NMI Museum."

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From Page 4

And she can't stop/won't stop, saying she'll run two more for good measure and wrap up her challenge on Saturday with 104. "I might as well end April with a marathon," she told The Associated Press.

Britain-based Guinness World Records did not immediately respond to an email requesting comment. It can take up to a year for the organization to ratify a world record.

Guinness lists the men's record for consecutive daily marathons as 59, set in 2019 by Enzo Caporaso of Italy.

"I'm just happy that I made it—I can't believe it," she said. "The best thing was the incredible support I've received from people around the world who've reached out, telling me how this has inspired them to push themselves."

AP

Jacky Hunt-Broersma runs her 102nd marathon in 102 days, this one at Veterans Oasis Park, Thursday, April 28, 2022, in Chandler, Ariz.

Hunt-Broersma, 46, began her quest on Jan. 17, covering the classic 26.2-mile (42.2-kilometer) marathon distance on a loop course laid out near her home in Gilbert, Arizona, or on a treadmill indoors. Since then, it's been "rinse and repeat" every day for the South Africa native, who lost her left leg below the knee to a rare cancer and runs on a carbon-fiber prosthesis.

Her original goal was to run 100 marathons in 100 days so she'd beat the record of 95 set in 2020 by Alyssa Amos Clark, a nondisabled runner from Bennington, Vermont, who took it on as a pandemic coping strategy. But earlier this month, after nondisabled British runner Kate Jayden unofficially broke Clark's record with 101 marathons in 101 days, Hunt-Broersma realized she'd need to run at least 102.

Rise in fuel prices results in fuel adjustment charge increase

Customers of the Commonwealth Utilities Corp. will be seeing a slight increase in their power bills this month, reflecting the price increase of fuel in international markets.

CUC has adjusted its fuel adjustment charge for the month of May, from $0.34564 per kilowatt-hour to $0.36225 per kWh effective yesterday, May 1, 2022.

In a public notice last Friday, CUC said that it has been notified by its fuel supplier, Mobil Oil Mariana Islands Inc., that there has been an increase in the average international fuel oil prices that will affect the fuel adjustment charge.

The FAC is one of two components that make up the CUC electric kWh rate, which is used to purchase fuel. The second component is the CUC base rate, which is used to fund operations, projects, and debt service. This base rate has not been increased since April 17, 2014.

CUC is required, pursuant to an order previously issued by the Commonwealth Public Utilities Commission, to adjust (up or down) the FAC pass-through rate when the Mean of Plans Singapore monthly pricing equals or exceeds a 4.5% differential of the average per gallon cost of fuel used in the calculation of the current FAC rate.

CUC first instituted the Levelized Energy Adjustment Clause in 2009 to recover fuel and fuel related costs, a system also used by power providers in Guam and the Virgin Islands. In May 2015, the CPUC authorized CUC to change the name of LEAC to FAC to provide customers a more accurate description of the electric rate. ***(PR)***

May 1-7 is designated Correctional Officers and Employees Week

The first full week of May is being recognized as CNMI Correctional Officers and Employees Week to honor and pay tribute to the correctional officers and personnel who work in jails, prisons, and community corrections across the country.

Gov. Ralph DLG Torres signed last Thursday at the Office of the Governor a proclamation that designates the week from May 1 to May 7 as a time commemorating the contributions of the men and women in Corrections. He was joined at the ceremony by Corrections Commissioner Wally F. Villagomez, Department of Corrections officers and employees, Public Safety Commissioner Robert A. Guerrero, dignitaries, and members of the community.

The proclamation notes that the duties of Correctional officers and employees have become increasingly complex, very demanding, and challenging, yet they often do not receive the recognition they deserve, hence it is appropriate that "we honor the contributions and accomplishments made by these men and women of the Department of Corrections."

It said that Correctional officers and employees play a vital role in providing effective and efficient correctional services and programs to inmates and our community. They safeguard the public by assuring that no escapes, disturbance, and/or unrest occur in the facility by providing the inmates with an environment that meets their security needs and are treated humanely.

"Correctional officers and employees work under demanding circumstances and face danger in their daily lives, are constantly exposed to potential harm, risking their lives while ensuring the public's safety and continuing to perform their duties on a daily basis in the most professional and dedicated manner.

"The CNMI recognizes that Correctional officers and employees are professionals equal in status and importance to other professionals in the effective administration of justice," it added.

President Ronald Reagan signed Proclamation 5187 in 1984, creating National Correctional Officers Week and, that the first full week of May has since been recognized as National Correctional Officers and Employees Week. ***(Saipan Tribune)***

OFFICE OF THE GOVERNOR

Gov. Ralph DLG Torres signs Thursday at the Office of the Governor a proclamation that designates the week from May 1 to May 7 as CNMI Correctional Officers and Employees Week.

COMMUNITY BRIEFS

4.3-magnitude quake north of Saipan

At 11:23pm on April 29, 2022 a 4.3-magnitude earthquake occurred 288 kilometers north of Saipan in the Northern Mariana Islands. Currently, there are no tsunami warnings or advisories issued by the Pacific Tsunami Warning Center. For more information, contact the CNMI EOC State Warning Point at 670-237-8000. (PR)

JKPL parking lot undergoing repairs

The Joeten-Kiyu Public Library parking lot is undergoing repairs starting last Tuesday, April 26, 2022. As part of the Adopt-a-Median Project organized by the Governor's Council of Economic Advisors, in partnership with the Joeten-Kiyu Public Library, sections of the JKPL's parking lot will be closed while repairs are taking place. Repairs are expected to continue for the next two weeks. Funding was made possible by the Office of Grants Management. ***(PR)***

CHARLENE M. LIZAMA, Chairman · JAMES M. MENDIOLA, Vice Chairman · ANTONIO S.N. BORJA, Commissioner · DONALD M. HOFSCHNEIDER, Acting Executive Director

TINIAN CASINO GAMING CONTROL COMMISSION
Municipality of Tinian and Aguiguan
Commonwealth of the Northern Mariana Islands

PUBLIC NOTICE

Pursuant to 1 CMC § 9910(a), the Tinian Casino Gaming Control Commission (TCGCC) hereby gives notice that it will hold its Regular Meeting on Friday, May 6, 2022, at 10:00 a.m. at the TCGCC Conference Room.

AGENDA

I. PRELIMINARY
   a. Call to Order
   b. Roll Call
   c. Adoption of Agenda
   d. Adoption of Minutes
      1. April 5, 2022 – Regular Meeting
II. PUBLIC COMMENTS[1]
III. REPORTS
   a. Chair's Report
   b. Executive Director's Report
IV. UNFINISHED BUSINESS
   a. Casino License
      1) Bridge Investment Group/ Tinian Diamond Casino
V. NEW BUSINESS
   a. Reorganization of the Commission
VI. EXECUTIVE SESSION[2]
VII. OFFICIAL COMMUNICATIONS
VIII. MISCELLANEOUS AND ADMINISTRATIVE MATTERS
IX. ADJOURNMENT

[1]Public comments are limited to 30 minutes and each remark is limited to 3 minutes each. Everyone is welcome to submit written comments.
[2]Pursuant to 1 CMC § 9912, the Commission may vote to meet in executive session at any time.

MARIANAS VISITORS AUTHORITY

REQUEST FOR PROPOSAL (RFP)
MVA-RFP-22-2051
Marianas Visitors Authority
Tourism Resumption Investment Plan (TRIP)-Airlines

Submission/Closing Date: **May 13, 2022 Time: 10:00am ChST**
Submit sealed proposal to: Marianas Visitors Authority
San Jose Professional Building
Beach Rd., San Jose
P.O. Box 500861, Saipan, MP 96950

Interested parties may pick up the RFP package on or after April 29, 2022 at the Marianas Visitors Authority Office, San Jose Professional Building, Beach Road, San Jose, Saipan, during the hours of 8:00AM-12:00PM and 1:00PM-5:00PM., Monday through Friday, except holidays. The RFP package can be emailed to anyone interested. The request via email must reference **"MVA-RFP-22-2051 MARIANAS VISITORS AUTHORITY TRIP-AIRLINES"** in the subject line to lmaratita@mymarianas.com.

/s/ Ellsbeth Viola Alepuyo
Chairperson, MVA Board of Directors

/s/ Priscilla M. Iakopo
Managing Director, MVA

JOB VACANCY ANNOUNCEMENT

Operations Manager (Saipan, MP)
Develop business strategy to achieve organizational sales goals and revenues; Monitor and plan direct activities of importing main materials overseas; Communicate effectively with customers to identify their needs and evaluate solutions in order to satisfy the customers' needs; Review annual, quarterly and monthly sales revenue and make sales and financial reports in order to set up a long-term goal and objectives; Analyze and review financial performance of the corporation and identify improvement; Send Resume & Transcript to P&A CORPORATION. ATTN: Do Yi KIM, P.O.BOX 506003, Saipan, MP 96950.

COMMONWEALTH PORTS AUTHORITY
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PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
E-MAIL ADDRESS: CPA.ADMIN@PTICOM.COM | WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS FOR COURIER SERVICE
CPA-RFP-005-22

Notice is hereby given that the Commonwealth Ports Authority (CPA) is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (RFP), and other contract provisions, for proposals from service providers to provide mail/courier services for the CPA.

Proposals must be submitted to the CPA Administration Office, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport, Saipan, Commonwealth of the Northern Mariana Islands no later than **4:30 PM, MONDAY, MAY 31, 2022**. Proposals received after this date and time will not be considered and will be returned unopened. One original and three copies of each proposal shall be submitted in sealed envelopes marked as 'Confidential' and each envelope must include the RFP number on the outside. It is the sole responsibility of a proposer to submit its proposal or proposals in a timely manner.

A Proposal Package consisting of the Scope of Work and further details is available for pick up at the CPA Administration Office, 2nd Floor of the Arrival Terminal, Francisco C. Ada/Saipan International Airport beginning May 02, 2022. There is no charge for the proposal package.

This RFP is issued pursuant to Chapter 40-50, Procurement Rules and Regulations of Title 40 of the Northern Mariana Islands Administrative Code (NMIAC). Title 40, including Chapter 40-50-225, Request for Proposals, is applicable to the process followed by the RFP.

Questions and inquiries regarding this Request for Proposals shall be submitted in writing and may be delivered to the Office of the Executive Director, Commonwealth Ports Authority, at the Saipan International Airport, faxed to (670) 234-5962 or emailed to chris.tenorio@cnmiports.com with copy to atudela@cnmiports.com. Deadline for questions and inquiries is 2:00 p.m. May 23, 2022.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest.

All proposals shall become property of the Commonwealth Ports Authority.

CHRISTOPHER S. TENORIO
Executive Director

Date

Commonwealth Utilities Corporation
3rd Floor, Joeten Dandan Commercial Building
P.O. Box 501220 CK • Saipan, MP 96950-1220
Telephone: (670) 664-4282 • Facsimile: (670) 235-5131

PUBLIC NOTICE

Pursuant to the Open Government Act (1 CMC §9901 et seq), the **Commonwealth Utilities Corporation ("CUC") Board of Directors' Standing Committee for Appeals** hereby informs the general public that the Committee will hold its **Adjudicatory Hearing on Thursday, May 5, 2022, 9:00 a.m.** at the CUC Conference Room, Room 17, 3rd Floor, Joeten Dandan Building.

The Agenda is as follows:

The Agenda is as follows:

I. Preliminary Matters
   A. Roll Call
   B. Adoption of Agenda

II. Adjudicatory Hearing of the Standing Committee for Appeals

III. Public Comments

IV. Executive Session

V. Announcement

VI. Adjournment

* In accordance with Public Law 8-41, additional Agenda items may be added to the above listing only by a recorded vote of the majority members of the governing body.
** All interested persons are welcome to attend and submit written and oral testimony on the above Agenda items. Public Comments are limited to 30 minutes and each remark is limited to three (3) minutes.
*** Pursuant to 1 CMC §9912, the CUC Board of Directors may vote to meet at any time in executive session, in consultation with the Legal Counsel on matters deemed privileged and confidential.

DOI provides $5M to RMI Compact Trust Fund

WASHINGTON, D.C.—The U.S. Department of the Interior's Office of Insular Affairs announces that $5 million in funding has been provided in fiscal year 2022 by the U.S. Congress as a step toward the fulfillment of a U.S. responsibility. The United States is providing economic compensation for adverse financial and economic impacts in the Republic of the Marshall Islands after tax and trade provisions intended to benefit the RMI were removed by Congress from the Compact of Free Association under Public Law 99-239 as amended to Public Law 108-188. Congress has designated that this funding be deposited to the Compact Trust Fund for the People of the RMI.

"In taking this step and providing another payment of $5 million to the Compact Trust Fund for the Marshall Islands, we are keeping commitments made by our two nations under the Compact of Free Association," said deputy assistant secretary for Insular and International Affairs Keone Nakoa. "These funds bring us closer to fulfilling RMI's petition to make them whole based on the requisite adverse-impact reports submitted before 2009. With one final $5 million payment requested by the Biden Administration in this year's budget, the United States will soon hopefully settle this matter, so we can both close the books on this mutually agreed solution intended to benefit the people of the RMI by bolstering the Trust Fund corpus."

Made available through the Consolidated Appropriations Act of 2022, Public Law 117-103, the funds will be deposited to the Compact Trust Fund as required by law and supplements two previous payments of $5,000,000 each authorized by Congress in January 2020 and in January 2021 for the same purpose.

For more information on the Compact Trust Fund, visit the official website at https://rmicfatf.com/. ***(DOI)***

May is Older Americans Month

OFFICE OF THE GOVERNOR

Gov. Ralph DLG. Torres, second from left, is joined by CNMI Department of Cultural and Community Affairs Secretary Joseph P. Deleon Guerrero and some man'amko at the Office on Aging as he proclaimed the month of May as Older Americans Month in the CNMI last Friday at the Office on Aging in Garapan.

In a proclamation signing ceremony at the Office on Aging in Garapan last Thursday, Gov. Ralph DLG Torres designated the month of May as Older Americans Month or Mes Man'amko to honor the CNMI's older citizens and recognize their many contributions, past and present.

Torres signed the proclamation amid the presence of many of the the CNMI's man'amko, in line with the proclamation's inten.

"I urge every resident to recognize the contributions of our older citizens, help to create an inclusive society, and join efforts to support older Americans' choices about how they age in their communities," said Torres in the proclamation.

The proclamation document recognizes that the CNMI includes a growing number of older Americans who contribute their strength, wisdom, and experience to our community.

"Communities benefit when people of all ages, abilities, and backgrounds are welcomed, included, and supported and the Commonwealth…recognizes our need to create a community that provides the services and supports older Americans' need to thrive and live independently for as long as possible," it states.

It said the CNMI can work to build an even better community for our older residents by planning programs that encourage independence, ensuring activities are responsive to individual needs and preferences, and increasing access to services that support aging in place. ***(Saipan Tribune)***

COMMONWEALTH UTILITIES CORPORATION

3rd Floor, Joeten Dandan Commercial Building
P.O. Box 501220 CK • Saipan, MP 96950-1220
Telephone: (670) 664-4282 • Facsimile: (670) 235-5131

PUBLIC NOTICE

Pursuant to the Open Government Act (1 CMC §9901 et seq), the Commonwealth Utilities Corporation ("CUC") Board of Directors hereby informs the general public that the Board will hold its regular board meeting on Thursday, May 5, 2022, at 10:30 a.m. The meeting will be held in the CUC Conference Room, Room 17, 3rd Floor, Joeten Dandan Building. The following agenda will be considered and public attendance is welcome.

AGENDA*

I. Preliminary Matters
- A. Call to Order
- B. Roll Call
- C. Adoption of Agenda
- D. Adoption of Minutes
  1. January 12, 2022 Regular Board Meeting
  2. February 25, 2022 Regular Board Meeting
  3. March 21-22, 2022 Regular Board Meeting
  4. April 25, 2022 Special Board Meeting
- E. Correspondence

II. Management Reports
- A. Executive Director's Report
- B. Chief Financial Officer's Report

III. Committee Reports
- A. Personnel Committee
- B. Operations Committee
- C. Appeals Committee

IV. Old Business - Updates
- A. CHCC
- B. Power Plant, DE5 and DE7
- C. Payment Kiosks
- D. 5% Employees' Performance Base Increase

V. New Business
- A. Promulgation of Procurement Regulations
- B. Board Resolution 02-2022 on Bank Signatories
- C. Tinian Power Plant

VI. Public Comments**

VII. Executive Session***

VIII. Announcements

IX. Adjournment

_____/s/_____
MIRANDA V. MANGLONA, Chairwoman

* In accordance with Public Law 8-41, additional Agenda items may be added to the above listing only by a recorded vote of the majority members of the governing body.

** All interested persons are welcome to attend, and submit written and oral testimony on the above-agenda items. Public Comments are limited to 30 minutes and each remark is limited to three minutes.

*** Pursuant to 1 CMC §9912, the CUC Board of Directors may vote to meet at any time in executive session, in consultation with the Legal Counsel on matters deemed privileged and confidential.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514 | Email: nmhc@nmhc.gov.mp | Website: http://www.nmhcgov.net

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NOTICE TO THE PUBLIC

AVAILABILITY OF THE HOMEOWNER ASSISTANCE FUND (HAF) PROGRAM
March 31, 2022

The Northern Marianas Housing Corporation (NMHC) announces the availability of the Homeowner Assistance Fund Program made possible through the US Department of Treasury. The CNMI was allocated a total amount of ***$4,158,268*** in HAF funds, of which approximately 10% or $400,000 will be used for administrative expenses and approximately 90% or $3,758,268, will be used for the following types of assistance for CNMI ***homeowners:***

1) Mortgage delinquency assistance- an eligible homeowner may qualify for assistance of up to $25,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
2) Mortgage payment assistance- an eligible homeowner may qualify for assistance of up to $20,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
3) Past due and/or annual home-related insurance premiums- an eligible homeowner may qualify for assistance of up to $1,716 (not to exceed a period of 12 months) to be used for homeowner's primary residence
4) Utilities/Broadband Assistance:
   a. Each Homeowner will be eligible for up to $6,000 (not to exceed a period of 12 months) through this program with respect to the applicant's primary residence (to address delinquencies in utility payments)
   b. Each Homeowner will be eligible for up to $1,500 (not to exceed a period of 90 days) through this program with respect to the applicant's primary residence (to assist with future utility payments)
   c. Each Homeowner will be eligible for up to $600 (not to exceed a period of 12 months) through this program with respect to the applicant's primary residence (to address delinquency in broadband service payments)
   d. Each Homeowner will be eligible for up to $150 (not to exceed a period of 90 days) through this program with respect to the applicant's primary residence (to assist with future broadband service payments

Eligibility Criteria

Eligible Homeowners:
- Must be a resident of the CNMI
- Must meet the income limit: less than or equal to 150% area median income or less than the median income of the United States, whichever is greater (See income limits below)
- Must show proof of experiencing financial hardship after January 21, 2020, including a hardship that begun before January 21, 2020 but continued after that date
- Must show proof of mortgage delinquency (must be at least month delinquent) (for mortgage delinquency assistance)
- For those seeking insurance arrears assistance: Must show proof of insurance arrears (must be at least one month in arrears)
- Homeowner is at least one installment payment in arrears on one or more of the following: utilities, such as electric, gas, home energy, and water OR internet service, including broadband internet access service
- Statement of current inability to resume mortgage payments due to unemployment, underemployment or other continuing hardship
- Statement of current ability to resume any required regular payments after account is reinstated (OR) Ability to resume any required regular payments

Income Limits

FY 2021 HAF Income Limits Summary for Northern Mariana Islands								
	1-Person	2-Person	3-Person	4-Person	5-Person	6-Person	7-Person	8-Person
Greater of 100% AMI or 100% U.S. Median Income	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900
Greater of 150% AMI or 100% of U.S. Median Income	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900	$85,050	$90,500

The pre-application for the HAF Program will be available, starting Thursday, March 31, 2022, at the NMHC Main Office in Garapan, Saipan and the Tinian and Rota Field Offices. The pre-application will also be available online on NMHC's website, www.nmhcgov.net (Public Notice/Announcements->Homeowner Assistance Fund Plan). Those who are interested in reviewing the HAF Plan and details of the program's terms can also visit the NMHC website. The application process will be ongoing until a notice is issued by NMHC and will be on a first come, first serve basis. Applications will only be accepted at the NMHC main and field offices. Should you have any questions, please contact Ms. Zenie P. Mafnas, Deputy Corporate Director at (670) 234-6866

/s/
Jesse S. Palacios
Corporate Director

"NMHC is an equal employment and fair housing public agency"

Saipan Tribune
Make it your DAILY habit.

US Naval Sea Cadets creates 'Natibu Division' on Saipan

The U.S. Naval Sea Cadet Corps announced Friday that the "Natibu Division" of the CNMI has been established on Saipan and is open to all youth aged 13 to 18 who are U.S. citizens or green card holders.

The Natibu Division is now taking applications from prospective cadets and hosting a seminar for cadet applicants and their families on Saturday, May 30, 2022, at 1pm (Chamorro Standard Time). Call Adult leader Karen Buettner at (670) 783-1367 to receive an application or to sign up for the seminar. Capacity is limited and future seminars may be scheduled again in the near future.

The U.S. Navy Sea Cadet Corps is a federally chartered non-profit civilian youth training organization for youth ages 13 to 18. It is sponsored by the Navy League and supported by the U.S. Navy and U.S. Coast Guard. Sea cadets can be described as a regimented youth program similar to the Junior Reserve Officers Training Corps but with a focus on the merchant marine and seagoing services.

Sea cadets builds leaders of character. The goals of USNSCC are to develop an interest in seamanship and seagoing skills, instill principles of good citizenship and strong moral character, demonstrate the value of a substance-free lifestyle, and expose cadets to the prestige of a military or merchant marine career.

USNSCC was founded in 1959 by the Navy League at the request of the Department of the Navy following former Chief of Naval Operations Arleigh Burke's observations of the success of sea cadet programs in allied country's navies. Sea cadets was chartered by Congress in 1962 and public law was amended in 1974 to accommodate female participation. Today there are nearly 400 units around the country and territories, including Guam, Puerto Rico, and Saipan serving nearly 8,000 cadets.

Sea cadets are authorized to wear the Navy uniform, appropriately marked with sea cadet insignia. They are taught to maintain discipline, military bearing, patriotism, courage, and self-reliance.

To apply directly to the Natibu Division log on to https://www.seacadets.org/join or call commanding officer Ray Alvarez (670) -989-7266, executive officer Regino Celis (670) 483-5674, Buettner (670) 783-1367, or Capt. Michael Bache (670) 789-1636. ***(PR)***

COVID-19 vaccination relocates to CCHC's Immunization Clinic

The COVID-19 vaccination operations at the Commonwealth Healthcare Corp.'s Medical Care and Treatment Site will relocate to the Immunization Clinic inside the Commonwealth Health Center, beginning today, May 2.

COVID-19 vaccinations at the Immunization Clinic will be offered by appointment only and individuals can contact (670) 236-8745 for scheduling.

COVID-19 vaccines are also available at private clinics, such as Medical Associates of the Pacific, Kagman Isla Community Health, Marianas Medical Center, as well as the following CHCC outpatient clinics: Family Care Clinic, Children's Clinic, Women's Clinic, Tinian Health Center, and Rota Health Center. Contact each clinic for more information or to schedule vaccination.

A second COVID-19 vaccine booster shot is available to individuals aged 50 years and older and certain immunocompromised individuals. Individuals should speak to their primary care provider regarding questions on whether a second booster dose is appropriate for them. ***(PR)***

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR PROPOSAL
CUC-RFP-22-026

LEASE OF OFFICE/WAREHOUSE SPACE FOR CUC POWER DIVISION TRANSMISSION & DISTRIBUTION SECTION, SAIPAN CNMI

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed proposals from firms for the lease of office & warehouse spaces for CUC Power Division, Transmission & Distribution Section in Saipan, Commonwealth of the Northern Mariana Islands.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $50.00 (non-refundable) for one RFP package set. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

One (1) original and four (5) hard copies of your submission must be submitted in a sealed envelope marked *"CUC-RFP-22-026, Lease of Office/Warehouse Space for CUC Power Division Transmission and Distribution Section, Saipan, CNMI"* to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **May 20, 2022 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity to discussion. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. The proposers are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on May 5, 2022** to Manny B. Sablan, CUC, Purchasing Officer via email address manny.sablan@cucgov.org with a copy to Lee Lieto, CUC, Power Division Manager via email address lee.lieto@cucgov.org and Christie Sablan, CUC, Purchasing Technician, Senior via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES PROPOSAL
CUC-RAESP-22-019

A&E Design Services and Construction Management and Project Inspection the for Agag Booster Pump and Electrical System Upgrade (W21-081)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for the Design Services and Construction Management and Project Inspection of the Agag Booster Pump and Electrical System Upgrade in Papago Drive, Saipan, Commonwealth of the Northern Mariana Islands.

This project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one package set.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and Five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked **"CUC-RAESP-22-019, A&E Design Services and Construction Management and Project Inspection for Agag Booster Pump and Electrical System Upgrade"**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) on May 13, 2022. Late submissions and conditional proposals will not be considered.**

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAESP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on April 22, 2022** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Mr. Larry Manacop, CUC Water/Wastewater, Acting Chief Engineer – via email larry.manacop@cucgov.org; Dennis Formalejo, Water/Wastewater Engineer – via email dennis.formalejo@cucgov.org and Ms. Marcela Tenorio, Administrative Technician Senior – via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAESP-22-024

INTEGRATED RESOURCE PLAN

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed Architectural & Engineering Services Proposal from qualified firms to update the 2016 CUC Integrated Resource Plan (IRP), which identified a long-range plan for the most cost-effective mix of energy resources, both supply-side and demand-side management (DSM) and included a review of commercially available base load and renewable energy alternatives. The updated Integrated Resource Plan (IRP) will include optimizing this power supply portfolio to minimize costs while maximizing sustainability and resiliency while including the lasted in renewable, DSM, and operating technologies.

This project is funded by a grant from the United States Department of Housing and Urban Development (HUD). The award of this project is contingent upon receipt of the approval for the project award from Northern Marianas Housing Corporation (NMHC) and HUD.

The RAESP package may be obtained via email between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $300.00 for one RFP package set. **To register for the RAESP, please contact Christie Sablan, CUC Purchasing Technician Senior via email address christie.sablan@cucgov.org.**

One (1) original and Five (5) hard copies of the Proposal; and One (1) original and Five (5) hard copies of the Cost Proposal must be submitted in a separately sealed envelope marked *"CUC-RAESP-22-024, Integrated Resource Plan"* to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on May 24, 2022.** Late submissions and conditional proposals will not be considered.

All Offerors are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract.

Discussions may be conducted with responsible proposers for the purpose of clarification and to ensure full understanding of, and responsiveness to solicitation requirements. Proposers shall be accorded fair and equal treatment. There shall be no disclosure of any information derived from proposals submitted by competing proposers.

All responses to this RAESP should take into account any and all taxes, including excise tax, which will become the obligation of the proposer awarded a contract.

This RAESP does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of proposals in anticipation of a contract. This request and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations. The contractor shall be required to comply with all CNMI and applicable Federal Laws.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 a.m. (ChST) on May 10, 2022** to Manny B. Sablan, CUC's Procurement Administrator, via email address manny.sablan@cucgov.org with a copy to Anne Crocket, CUC Power Division Chief Engineer via email address anne.crocket@cucgov.org and Christie Sablan, Purchasing Technician, Senior via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Opinion

Hafa Adai!
Saipan Tribune
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EDITORIAL

Americans must learn from a fading COVID crisis

The pandemic is almost over—we think. Not as a medical fact. COVID-19 will be around forever, just like the cold and the flu, but it no longer dominates our daily lives and politics. The Democrats' mild reaction to last week's court decision against mask mandates are among the many signs the American people are moving on.

On April 18, a judge in a federal district court ruled the Centers for Disease Control and Prevention (CDC) lacked the authority to impose its travel mask mandate, which covers planes, trains and mass transit. Most airlines dropped their requirements immediately. So did some government agencies, including Amtrak. In Pittsburgh, the Port Authority announced the end of masking only a few hours after the decision.

Some commentators squawked, but significantly, the Biden administration wavered. Even after announcing, after a multiday delay, that the Justice Department would appeal the ruling, the administration has thus far declined to seek a stay of the district court decision, which would bring back the mandate immediately. It's clear Biden's team does not want to resurrect it.

Some of that is politics. Democratic candidates don't want to run against Republicans who can exploit voters' mask-fatigue. That would not only rouse the Republican base, but also appeal to many centrist voters who feel enough is enough. These are voters Democrats need.

The development of vaccines and other medical treatments, and the ability of people to calculate risks to protect themselves and other, also have undermined COVID-19's dominance in our public life.

So does the American people's craving for normality. An Axios/Ipsos poll released this month showed only 1 in 11 Americans still believes COVID-19 is a "serious crisis." Almost twice as many don't think it's a problem. Three of 4 Americans believe COVID-19 remains a problem, but one the nation can manage. More and more Americans are starting to live as they did before COVID-19.

Barring a new and very dangerous variant, the pandemic is no longer an overriding crisis. This gives us time to think about the ways we we can protect the public against disease without weakening or even destroying crucial aspects of American life. Americans have experienced the destructive cost and the inequity of lockdowns, for example. They have witnessed small businesses lost forever because the state forced them to close, while allowing big chains to stay open.

They have also witnessed the dangerous limitations of the creed of go-it-alone individualism.

The government—and the people themselves—made many mistakes that need to be acknowledged, and not repeated, when the next pandemic hits.

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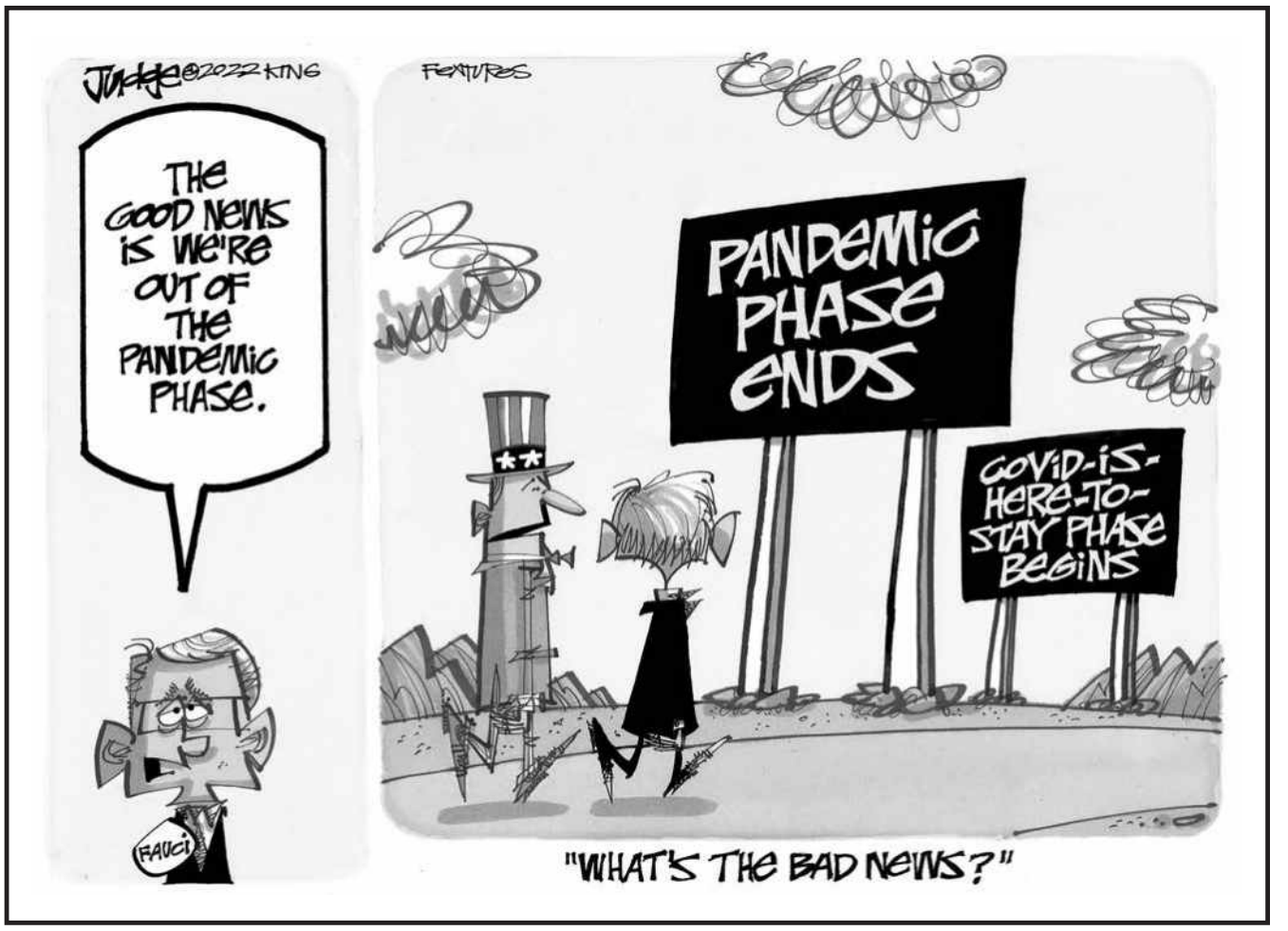
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THE GOOD NEWS IS WE'RE OUT OF THE PANDEMIC PHASE.
FAUCI
PANDEMIC PHASE ENDS
COVID-IS-HERE-TO-STAY PHASE BEGINS
"WHAT'S THE BAD NEWS?"

Don't pretend we're 'back to normal.' Fight for cleaner air to prevent COVID

By ABRAAR KARAN, DEVABHAKTUNI SRIKRISHNA AND RANU DHILLON
LOS ANGELES TIMES

Right now, we are at a manageable point in the COVID-19 pandemic. The rate of new U.S. cases has significantly slowed since the first omicron surge. Although omicron's BA.2 variants have increased cases, particularly in the Northeast, hospitalizations and deaths have declined or leveled off. Vaccination and prior infection by the earlier omicron surge seem to be protecting most Americans against severe illness.

As a result, some public health pundits are urging Americans to go back to "normal." But in fact, we should focus broadly on prevention against future variants and airborne illness. Not battling hospital surges right now gives us space to think long term. This approach is all the more urgent because we cannot rely on individuals to test or isolate constantly and masking is decreasingly enforced, especially since federal officials are battling over the travel mask mandate.

We know future waves will threaten us all again. To prepare, we need to improve ventilation to make environments lower risk for COVID-19 and improve case tracking so we can detect surges early enough to stop them.

Experts have been calling for better ventilation and air filtration standards as far back as early 2020. Superspreading outbreaks—at choirs, weddings, gym classes and restaurants—have made clear that transmission can happen at a distance of more than 6 feet, and infectious particles exhaled by a sick person can hang in the air for more than 15 minutes.

The Centers for Disease Control and Prevention, the World Health Organization and other major agencies acknowledged the role of airborne transmission last year. But in the U.S., we're not acting sufficiently with that knowledge.

To limit the spread of airborne illness, hospital isolation rooms are required by the CDC to cycle through new air at least 12 times per hour. Given that people are typically most contagious with COVID-19 when still out in the community early during infection, state and federal government should require equally strict filtration standards wherever possible in shared, crowded places.

And the public should be notified of the air quality in buildings and public transit before entering, as well as of its potential health effects such as COVID-19 risk. (Translating air changes per hour and CO2 levels, which reflect crowding and pollutants, into a grading system is one place to start.) Just as restaurants have health inspection reports with letter grades in their windows, shared indoor spaces should display their air quality ratings. These ratings can help people adjust their behavior appropriately: For instance, people may choose to wear high-quality masks to attend an event that is important to them but has poor air quality.

In March, the White House released a plan for cleaning air to reduce COVID-19 spread. But this document lacks specifics around ventilation and filtration and is largely a list of suggestions. While the White House announcement emphasizes that the American Rescue Plan allocates $122 billion for schools and $350 billion for state, local and tribal governments to pursue clean indoor air, it is unclear how recipients will distribute this money in the absence of federal standards.

That puts the onus on states and public health departments to set clear goals and transparently track progress. In California, the public health department recommends four to six air changes per hour (ACH) of air filtration in indoor public spaces with low ventilation. Yet last year, San Francisco's BART transit system installed virus-trapping filters that replace the air more than 50 times per hour.

The state should eliminate inconsistencies across public spaces and support public health by recommending a minimum of 12 ACH to match the hospital isolation room standard. This level offers proven protection and can be achieved with gold-standard HEPA air purifiers, potentially including low-noise, cost-effective DIY air filtration (made from box fans and HVAC or furnace filters).

Ventilation measures can help minimize further harm to those who have consistently borne the greatest toll of the pandemic: low-income communities and communities of color. Many such families live in crowded, multigenerational households, with family members working front-line jobs that increase their exposure to infection and the likelihood they will transmit the virus to older or other high-risk relatives. They may also lack the space to isolate safely in their homes.

In addition to pandemic basics such as protective masks and rapid tests, the government should provide these households with portable home air purifiers to help reduce household spread if one person gets infected.

The other key step for COVID-19 outbreak prevention is earlier and more accurate case detection than we have now. Rapid at-home test kits have made it harder for state health departments

See COVID on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

The Marines

RICK'S COLUMN
By RICK PEREZ
Special to the Saipan Tribune

Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

The U.S. Marine Corps is heavily vested throughout our Marianas Islands chain as most of us are aware. For better or for worse, the Marines will be embedded in the Marianas for decades to come. The ongoing construction of Marine Corps Base Camp Blaz in Guam is the first such undertaking in seven decades. Questions generated by our Chamorro people include: "Why has the Navy department been tearing down the jungle and disrupting ancient Chamorro human resource corridors without our formal consent?" And "Precisely how much water and wastewater will be generated by the Marines and what specifically are the Marines doing about all known pollution generated from the firing range complex?"

The bigger picture, a story of change

As our Chamorro Pacific Islander civilization continues to debate Marine-related developments and training exercises that continue to take place, the Marine Corps as a national organization is in the midst of transforming how they prepare and fight future wars. Marines have been returning to their historical roots of engaging adversaries from the sea since the longstanding wars in Iraq and Afghanistan ended.

Over the next eight years, the Marine Corps will continue down the path toward major organizational transformation. This trend will impact just about all aspects of the Marine Corps. Helicopter, tank, and infantry units will be closed, personnel cuts will be made, greater efforts will be made to retain outstanding young Marines who will otherwise leave or join the Army Guard or Reserve.

Use of tactical and lethal drones will be greatly enhanced over the next several years and live training and experimental exercises will continue to grow, especially in the Marianas and our region. Marines will seek much greater use of small, unmanned ships to transit small groups of active-duty personnel while continuing to work closer with the Navy and international military partners.

What is the goal? What does all this change mean as a practical matter?

The Marine Corps wants to be able to quickly move small numbers of its members into and out of spaces in ways that are hard to detect, and in ways that give each unit the ability to immediately support the destruction of enemy ships, drones, boats, personnel, or tanks.

As previously mentioned, the Marines are aiming to purchase smaller ships that can move around personnel in ways that further improve the ability of getting people to the point of where they can fight with the highest levels of effectiveness as far away from the North American continent and as close to actual enemy maritime lines, as is possible.

There are limitations with this ongoing change. The Marine Corps cannot be everywhere on the globe to fight at a moment's notice. The Marines are also subordinate to the Navy when it comes to which organization gets most of the money appropriated by Congress.

What does all this change mean for our Chamorro people and lawmakers when it comes to having the Marine Corps defend Guam and the Northern Marianas?

It means the Marines will be testing, experimenting, researching, and doing more of its most cutting edge and destructive training throughout our island chain. It means that increased military exercises of all kinds will expand over time to include massive use of drones and unmanned ships.

But it also means from the point of view of defending our entire Mariana Islands chain very little. The Marine Corps is simply not trained to defend the island of Guam nor to defend the Northern Mariana Islands in a 21st century war.

What we need to ask ourselves again is this: What plans are in place by the Pentagon to completely defend Guam, the NMI, and protect the Chamorro people?

Guam and the NMI are not fully protected from a massive missile attack initiated by the Chinese from the ground, air, and sea. Our Mariana Islands chain doesn't have a comprehensive multi-island nuclear bomb shelter infrastructure in place that all villagers can go to should our homes be attacked.

Congressional representatives from Guam and the CNMI have much work to do

The congressmen from the NMI and Guam have much work to do when it comes to introducing authorization language in Congress to study, design, and fund the construction of a multi-island nuclear bomb shelter placement infrastructure. Currently there is nothing in place that enables Chamorros and villagers to go to, to increase their ability to survive a nuclear missile attack. The island doesn't have a comprehensive shore-based missile defense infrastructure in place and there are no plans currently on the table for the Navy or anyone else to stand up an interim solution for added missile defense of Guam beyond a planned Aegis shore-based system to augment the THAAD system up at Andersen Air Force Base.

This is not acceptable.

Members of Congress representing Guam and the NMI need to come up with a plan that creates multiple short-term options for our multi-island village population that provides layers of protection against a massive, long-range nuclear missile attack by the Chinese. Much work remains undone because so far, deterrence seems to be a strategy with limited success, especially when we look at what China is doing with growing its overall national military resources and assets, along with its desire to prevent American and allied forces from accessing China's near seas regions.

COVID

From Page 8

to keep accurate infection counts, since most people aren't sending their results to labs or the government. And many samples are not sent in for analysis, including genomic sequencing that helps detect new variants.

Since transmission can grow exponentially, doubling every few days, by the time cases fill up hospitals or urgent care clinics we may well be into our next surge with little time to reverse or contain it. Reinstating prevention measures like masking in public will be too little, too late once another surge begins.

More COVID-19 test options can help, such as the new COVID-19 breathalyzer that hospitals, physicians and test sites can use to quickly alert people who are likely to be infected. In time, these can be used before entry into large events to prevent superspreading. Test results from any source should be linked and sent to public health departments to keep more accurate track of spread. Wastewater detection is another important tool to predict future surges and has already been used effectively in many states. U.S. wastewater data indicate we are detecting 2.7 times fewer cases than are actually in the population.

By focusing on ventilation and testing, states can better prepare for an uncertain COVID-19 future. Pretending the pandemic is behind us doesn't mean it is. Let's not become complacent when we need to do the opposite.

Abraar Karan is an infectious disease doctor and researcher at Stanford University. Devabhaktuni Srikrishna is an electrical engineer and the founder of www.patientknowhow.com. Ranu Dhillon is an instructor at Harvard Medical School and a doctor at Brigham and Women's Hospital.

'I lost everything'

By CLEO NENING
SPECIAL TO THE SAIPAN TRIBUNE

"I lost everything…however this trial ends. I lose in the end. I lost when these accusations were made public, they will stay with me forever. My life is forever ruined."

These were the words from Johnny Depp in court while he was under oath, asking if he physically or sexually abused his partner at the time, Amber Heard. As I found myself watching some of the clips of Johnny Depp and Amber Heard's trial, it has opened the conversation that, yes, men's mental health is real and, not only is it real, but it matters. The society we live in today has influenced many to believe that men don't "have problems" and that men do not have mental health issues. Men are "supposed to be" strong for the family and hide all presence of weakness. All of these assumptions are FALSE. Perhaps, because of these assumptions, men go unnoticed and underlooked in the topic of mental health.

May is Mental Health Awareness Month. Mental Health America has posted that this year's theme is "Back to Basics," meaning that the goal of this theme is to provide foundational knowledge about mental health and mental health conditions and information about what people can do if their mental health is a cause for concern. Oftentimes, we need to simplify our language and go back to the roots; back to the basics. According to the Centers for Disease Control and Prevention under the Morbidity and Mortality Weekly Report, since the outbreak of COVID-19, a link between large illness outbreaks and mental health disorders has been established. Between August 2020 and February 2021, the proportion of adults with unfulfilled psychiatric care requirements grew from 9.2% to 11.7%. The majority of these numbers occurred among those aged 18 to 29, and those with only a high school diploma. This increase shows that mental health does matter. It matters not just for women, but also for men.

The advocates of the Northern Marianas Protection and Advocacy Systems Inc. will be providing social media outreach regarding mental health. This include providing statistical data, verified information and tips from credible sources, personal experience, and both the local and national resources available to assist individuals who have mental illnesses or struggle with mental health. Our office has a specific program, Protection & Advocacy for Individuals with Mental Illness, that caters to alleged abuse, rights violations, and discriminations against those who live with mental illnesses. Our office is mandated to provide protection and advocacy services and therefore cannot provide all the required services that one with a mental illness may require, but fortunately we are interconnected with other agencies and service providers that can possibly offer that type of assistance. Our community is small, yet we still undergo the effects of unreported mental illnesses due to the surrounding cultural and social stigma that exists about disabilities and about mental health in both men and women.

The case between Johnny Depp and Amber Heard demonstrates why men are so often forgotten about, not believed, and not heard for the psychological and physical abuse they endure. Granted, this is still an ongoing case with no definite result as of the writing of this article but maybe this is the first step we all need to take: believing. Believing that mental health is a reality in our community; believing that mental health exists in both men and women of all ages; and believing that we can all do our part in diminishing the stigma about mental health and individuals with disabilities.

NMPASI is the CNMI designated organization that protects the civil, legal, and human rights of people with disabilities. For more information on our programs and services, please contact NMPASI at our office numbers (670) 235-7273/4, text message (670) 287-0652, or visit our website at www.nmpasi.org.

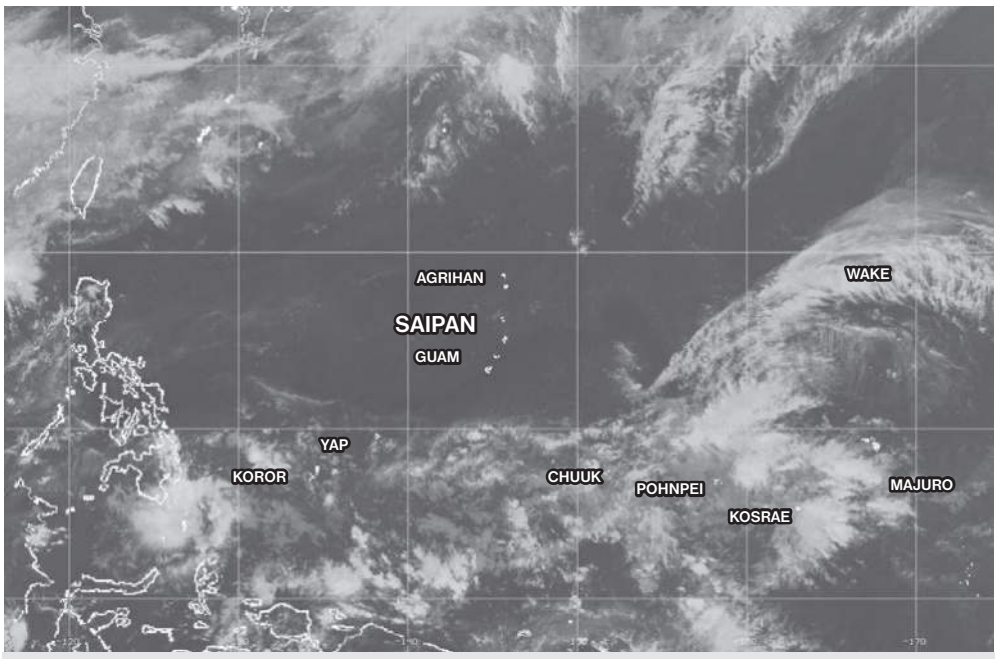
Cleo Nening is a programs coordinator at the Northern Marianas Protection and Advocacy Systems Inc.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly sunny, with Isolated showers. East wind 8 to 11 mph.	Mostly cloudy, with Scattered showers. East wind 8 to 14 mph, with gusts as high as 18 mph.	Partly sunny, with Scattered showers. Chance of precipitation is 30%.	Partly sunny, with Isolated showers.	Partly sunny, with cattered showers.
87° 78°	87° 78	87° 78°	87° 78°	88° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:40 AM, SUNDAY, MAY 1, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite shows high end partly cloudy skies and isolated showers moving through the Marianas Waters. The buoys reveal combined seas of 5 to 7 feet, composed mainly of east swell.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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MICRONESIA	▲ ▼ °F	
Guam and Rota	Partly Cloudy	30 / 26 °F
Palau	Thunderstorms	28 / 25 °F
Yap	Partly Cloudy	30 / 26 °F
Chuuk	Scattered Thunderstorms	29 / 26 °F
Pohnpei	Cloudy	29/ 25 °F
Kosrae	Cloudy	29 / 26 °F
Majuro	Thunderstorms	28 / 26 °F

DAY	SUNRISE	SUNSET
Today	05:53 AM	18:34 PM
Tuesday	05:53 AM	18:35 PM
Wednesday	05:52 AM	18:35 PM
Thursday	05:52 AM	18:35 PM
Friday	05:51AM	18:35 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	06:39	19:47 PM	-
Tuesday	07:21	20:39 PM	-
Wednesday	08:06	21:32 PM	-
Thursday	08:54	22:24 PM	-
Friday	09:44	23:14 PM	-

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Mostly Cloudy	20 /13 °F
Beijing	Sunny	26 / 11°F
Hong Kong	Showers	21 / 20 °F
Honolulu	AM Thunderstorms	27 / 22 °F
London	Mostly Cloudy	16 / 9 °F
Los Angeles	Partly Cloudy	21 / 14 °F
Manila	Partly Cloudy	35 / 26 °F
Melbourne	Partly Cloudy	22 / 12 °F
Miami	Mostly Sunny	28 / 25°F
New York	Showers	14 / 11 °F
Osaka	Partly Cloudy	20 / 9 °F
Paris	Cloudy	19 / 8 °F
Busan	Mostly Sunny	19 / 10 °F
Rome	Mostly Sunny	22 / 11 °F
Salem	Partly Cloudy	29 / 17 °F
San Francisco	Partly Cloudy/Wind	16 / 9 °F
Seoul	Sunny	20 / 6 °F
Tokyo	Partly Cloudy	18 / 10 °F
Washington, DC	AM Clouds/PM Sun	26 / 12 °F

TIDES: SAIPAN HARBOR TODAY		FEET
02:41 AM	Low Tide	1.07
07:46 AM	High Tide	1.89
2:56 PM	Low Tide	0.01
9:45 PM	High Tide	1.87

FLIGHT SCHEDULE AS OF MAY 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	6:35AM	7:15AM	1, 3, 6
UA117	9:50AM	10:35AM	2, 4, 5, 7

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	1, 3, 5, 6, 7
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	6:35AM	9:10PM	1, 3, 6 via Guam
UA117/193	6:35AM	10:55PM	5 via Guam, Palau
UA117/183	9:50AM	9:10PM	2, 4, 5, 7 via Guam

SAIPAN-INCHEON (ICN)

TW9308	3:30PM	7:20PM	4, 7
7C3405	3:30PM	7:25PM	6
RS112	3:45PM	7:30PM	3, 6
7C3405	3:50PM	7:45PM	3
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

BX622	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA116	5:00AM	5:45AM	1, 3, 6
UA116	8:00AM	8:45AM	5, 7
UA174	8:00AM	8:45AM	2, 4

MANILA (MNL)-GUAM

PR110	10:35PM	4:35AM+1	2, 4, 5, 6, 7
UA184	10:25PM	4:20AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:05AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/116	10:25PM	5:45AM+1	2, 5, 7 via Guam
UA184/116	10:25PM	8:45AM+1	1, 3 via Guam
UA184/174	10:25PM	8:45AM+1	4, 6 via Guam

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	6
RS111	8:45AM	2:05PM	3, 6
7C3406	8:50AM	2:30PM	3
TW9307	9:00AM	2:30PM	4, 7
OZ623	9:00AM	2:30PM	3, 6

BUSAN (PUS)-SAIPAN

BX621	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Daily
1302	11:00AM	11:30AM	Daily
1303	1:30PM	2:00PM	Tues/Wed/ Thurs/Fri
1304	3:30PM	4:00PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Daily
3102	12:00AM	12:30AM	Daily
3103	1:30PM	3:00PM	Tues/Wed/ Thurs/Fri
3104	4:30PM	5:00PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Daily
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Daily
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable

After being on pause for two years due to the COVID-19 pandemic, the 41st edition of the three-day Flame Tree Arts Festival took place this year at the NMI Museum grounds and Sugar King Park and the many people who flocked to the event spoke powerfully of the pent-up demand for this festival that showcases not just the CNMI's art community but is also a vibrant venue for food and culture.

PHOTOS By LEIGH GASES

Business

Despite payment, investors brace for Russia to default

NEW YORK (AP)—Prices for Russian credit default swaps—insurance contracts that protect an investor against a default—plunged sharply overnight after Moscow used its precious foreign currency reserves to make a last-minute debt payment on Friday.

The cost for a five-year credit default swap on Russian debt was $5.84 million to protect $10 million in debt. That price was nearly half the one on Thursday, which at roughly $11 million for $10 million in debt protection was a signal that investors were certain of a eventual Russian default.

Russia used its foreign currency reserves sitting outside of the country to make the payment, backing down from the Kremlin's earlier threats that it would use rubles to pay these obligations. In a statement, the Russia Finance Ministry did not say whether future payments would be made in rubles.

Despite the insurance contract plunge, investors remain largely convinced that Russia will eventually default on its debts for the first time since 1917. The major ratings agencies Standard & Poor's and Moody's have declared Russia is in "selective default" on its obligations.

Russia has been hit with extensive sanctions by the United States, the European Union and others in response to its Feb. 24 invasion of Ukraine and its continuing military operation to take over Ukrainian territory.

The Credit Default Determination Committee—an industry group of 14 banks and investors that determines whether or not to pay on these swaps—said Friday that they "continue to monitor the situation" after Russia's payment. Their next meeting is on May 3.

China manufacturing weakens further

BEIJING (AP)—China's manufacturing activity fell to a six-month low in April as lockdowns continued in Shanghai and other manufacturing hubs in an attempt to stem COVID-19 outbreaks, according to a survey released Saturday.

The monthly purchasing managers' index, released by China's National Bureau of Statistics, fell to 47.4 in April, down from 49.5 in March on a 100-point scale. Numbers below 50 show activity contracting.

The domestic COVID-19 outbreaks have impacted China's factory activities and market demand, said the bureau's statistician Zhao Qinghe.

Some enterprises have reduced or stopped production, with disruptions in logistics as well as the supply or raw materials and components.

Shanghai, China's most populous city, spent weeks in April under lockdown. The capital, Beijing, began mass testing millions of residents this week.

In the northeast, authorities in Changchun and Jilin also spent most of April in lockdown, forcing automakers and other factories to shut down. Other smaller Chinese cities have also faced citywide or district lockdowns.

According to the statistics bureau, non-manufacturing business activity also fell 6.5 percentage points to 41.9.

Service industry activity fell to 40, down from 46.7 the previous month, as activity in sectors such as air transport, accommodation and catering took a hit during the outbreaks, the bureau said.

However, the construction industry continued to expand, especially the civil engineering construction sector. It is expected that progress in the construction industry will play a role in supporting economic recovery, according to Zhao.

BUSINESS BRIEFS

Biden seeks $33B for Ukraine, signaling long-term commitment

WASHINGTON (AP)—President Joe Biden asked Congress on Thursday for $33 billion to bolster Ukraine's fight against Russia, signaling a burgeoning and long-haul American commitment as Moscow's invasion and the international tensions it has inflamed show no signs of receding. The package has about $20 billion in defense spending for Ukraine and U.S. allies in the region and $8.5 billion to keep Ukrainian President Volodymyr Zelenskyy's government providing services and paying salaries. There's $3 billion in global food and humanitarian programs, including money to help Ukrainian refugees who've fled to the U.S. and to prod American farmers to grow wheat and other crops to replace the vast amounts of food Ukraine normally produces.

Tech stocks sink again, Nasdaq has worst month since 2008

The Dow Jones Industrial Average slumped more than 900 points Friday as another sharp sell-off led by technology stocks added to Wall Street's losses in April, leaving the S&P 500 with its biggest monthly skid since the start of the pandemic. A sharp drop in Amazon weighed on the market after the internet retail giant posted its first loss since 2015. The decline knocked more than $200 billion off Amazon's market value. The benchmark S&P 500 fell 3.6% and finished April with an 8.8% loss, its worst monthly slide since March 2020. The Dow slumped 2.8%.The Nasdaq composite, heavily weighted with technology stocks, bore the brunt of the damage this month, ending April with a 13.3% loss, its biggest monthly decline since the 2008 financial crisis. ***(AP)***

Warren Buffett tells shareholders about spending $51 billion

OMAHA, Neb. (AP)—Warren Buffett gave Berkshire Hathaway investors a few details Saturday about how he spent more than $50 billion earlier this year and again reassured them that the company he built will endure long after the 91-year-old billionaire is gone. Tens of thousands of investors packed an Omaha arena Saturday to listen to Buffett and Berkshire's vice chairmen answer questions at Berkshire's annual meeting that was back in person for the first time since the pandemic began, but the turnout was likely smaller than when it used to regularly attract more than 40,000. Berkshire revealed in its earnings report Saturday morning that its mountain of cash shrank to $106 billion in the first quarter from $147 billion at the beginning of the year as Buffett invested $51 billion in stocks and repurchased $3.2 billion of its own shares. Buffett told shareholders that right after he told them in his annual letter on Feb. 26 that he was having trouble finding anything to buy at attractive prices, Berkshire spent more than $40 billion on stocks over the next three weeks.

Nation

Over 1,000 firefighters are battling New Mexico blaze

AP
The Calf Canyon Fire burning near Mineral Hill in the Gallinas Canyon, Friday, April 29, 2022.

By PAUL DAVENPORT
ASSOCIATED PRESS

Over 1,000 firefighters backed by bulldozers and aircraft battled the largest active wildfire in the U.S., after strong winds had pushed it across some containment lines and closer to a small city in northern New Mexico.

Calmer winds on Saturday aided the firefighting effort after gusts accelerated the fire's advance to a point on Friday when "we were watching the fire march about a mile every hour," said Jayson Coil, a fire operations official.

Ash carried 7 miles (11 kilometers) through the air had fallen on Las Vegas, population about 13,000, and firefighters were trying to prevent the fire from getting closer, said Mike Johnson, a spokesperson with the fire management team.

But fire managers warned of windy conditions expected in the coming days, as well as impacts from smoke, and officials urged residents to remain vigilant for further possible evacuation orders.

Stewart Turner, a fire behavior analyst with the fire management team, warned Saturday of a "very serious week" ahead with the forecasted winds.

More extreme fire danger was forecast for Sunday for parts of New Mexico, Arizona, Nevada and Colorado, according to the National Weather Service.

Mapping imagery indicated the fire that has burned at least 166 homes grew in size from 103 square miles (266 square kilometers) on Friday to 152 square miles (393 square kilometers) by early Saturday, officials said. The fire was described as 30% contained during a briefing Saturday evening.

Winds in northern New Mexico gusted up to 65 mph (105 kph) Friday before subsiding as nightfall approached. By Saturday, aircraft that dump fire retardant and water could resume flights to aid ground crews and bulldozers.

Tornado rips through Kansas; 3 students killed in crash

WICHITA, Kan. (AP)—A tornado that barreled through parts of Kansas destroyed or damaged hundreds of homes and buildings, injured several people and left more than 15,000 people without power, officials said Saturday.

In addition to wreckage from the tornado itself, three University of Oklahoma meteorology students traveling back from storm chasing in Kansas were also killed in a crash Friday evening, according to officials.

Nicholas Nair, 20, of Denton, Texas; Gavin Short, 19, of Grayslake, Illinois; and Drake Brooks, 22, of Evansville, Indiana, died in the crash shortly before 11:30 p.m. Friday, according to an Oklahoma Highway Patrol report.

The three were in a vehicle being driven by Nair southbound on Interstate 35 when the vehicle hydroplaned and was struck by a tractor-trailer rig in Tonkawa, about 85 miles (137 kilometers) north of Oklahoma City, the report said.

A statement released by OU said: "The university is devastated to learn of the tragic passing of three students. Each were valued and loved members of our community."

More than 1,000 buildings were affected when a strong twister swept through Andover on Friday evening, according to authorities. In the daylight Saturday, emergency crews found a more widespread path of destruction than was earlier estimated.

Alabama prison official missing after escorting inmate

FLORENCE, Ala. (AP)—A prison official from Alabama is missing after escorting an inmate to a courthouse for a hearing.

The Lauderdale County Sheriff's Office said in a Facebook post Saturday that Assistant Director of Corrections Vicky White disappeared while escorting an inmate being held on capital murder charges. The inmate is also missing.

On Saturday morning, Sheriff Rick Singleton confirmed the Alabama Law Enforcement Agency, FBI, and U.S. Marshals are assisting in the investigation.

White, 56, who's been with the department for 16 years, left the detention center with inmate Casey White on Friday morning and neither has been seen since. The pair are not related. The vehicle they were traveling in when they left the detention center was discovered at a nearby shopping center parking lot, according to the sheriff's office.

White, 38, was being held on capital murder charges in the 2015 death of Connie Ridgeway. He confessed to the slaying in 2020 while in state prison for other crimes, WHNT-TV reported.

At a news conference Friday, Singleton said Vicky White, armed with a 9mm, left the detention center with the inmate around 9:41 a.m. headed to the courthouse for what she said was a mental health evaluation for Casey. She was alone with the inmate, which the sheriff said was in direct violation of department policy.

Asia

Kabul mosque blast kills 10

AP

An Afghan blood-stained worshiper walks around the mosque where the explosion took place, in Kabul, Afghanistan, Friday, April 29, 2022.

KABUL, Afghanistan (AP)—A powerful explosion ripped through a mosque in the Afghan capital of Kabul on Friday, killing at least 10 people and wounding as many as 30, a Taliban spokesman said.

Hundreds of worshippers had gathered for prayers on the last Friday of the Muslim holy month of Ramdan and the Khalifa Aga Gul Jan Mosque was packed, said local residents, fearing the casualty toll could rise further.

The Taliban-appointed interior ministry spokesman, Mohammad Nafi Takor, could not provide more details and Taliban security men cordoned off the area. The source of the explosion was not immediately known and no one has claimed responsibility for the blast.

Initially, at least 20 were reported wounded but Khalid Zadran, spokesman for the Taliban-appointed Kabul police chief, later raised the number to as many as 30. The death toll remained at 10, he said and also tweeted that "security agencies are investigating the incident."

The explosion was so loud that the neighborhood of the mosque shook from the blast, the residents said, speaking on condition of anonymity, fearing for their own safety.

Ambulances raced to the site, driving up to the end of a narrow street in an eastern neighborhood of Kabul to reach the mosque, which belongs to Afghanistan's majority Sunni Muslims.

Wahid, an Afghan in his 30s, said he was home when he heard about the blast and rushed to the mosque right away, knowing his brother was there. He recalled the scene of mayhem, the screams and shouts for help. He helped carry the wounded to ambulances.

"Everyone was crying and covered in blood," Wahid said. "I was told my brother had been hurt."

The Associated Press spoke to Wahid outside the Italian-run EMERGENCY hospital, where he had gone to give blood, but Taliban guards cordoned off the hospital, denying access to everyone but the wounded. He finally found his brother, wounded in the arm and leg.

Kim warns N. Korea could 'preemptively' use nukes

Kim

SEOUL, South Korea (AP)—North Korean leader Kim Jong Un warned again that the North could preemptively use its nuclear weapons if threatened, as he praised his top army officials for a massive military parade in the capital, Pyongyang, this week.

Kim expressed "firm will" to continue developing his nuclear-armed military so that it could "preemptively and thoroughly contain and frustrate all dangerous attempts and threatening moves, including ever-escalating nuclear threats from hostile forces, if necessary," the North's official Korean Central News Agency said Saturday.

KCNA said Kim called his military officials to praise their work during Monday's parade, where the North showcased the biggest weapons in its nuclear arsenal, including intercontinental ballistic missiles that could potentially reach the U.S. homeland. The North also rolled out a variety of shorter-range solid-fuel missiles designed to be fired from land vehicles or submarines, which pose a growing threat to South Korea and Japan.

KCNA didn't say when Kim's meeting with military brass took place.

The parade marking the 90th anniversary of North Korea's army came as Kim revives nuclear brinkmanship aimed at forcing the United States to accept the idea of his country as a nuclear power and remove crippling economic sanctions.

Speaking to thousands of troops and spectators mobilized for the parade, Kim vowed to develop his nuclear forces at the "fastest possible speed" and threatened to use them if provoked. He said his nuclear weapons would "never be confined to the single mission of war deterrent" in situations where the North faces external threats to its "fundamental interests."

Kim's comments suggested he would continue a provocative run in weapons testing to dial up the pressure on Washington and Seoul. South Korea will inaugurate a new conservative government in May that could take a harder line on Pyongyang following the engagement polices of outgoing liberal President Moon Jae-in that produced few results.

Kim's threat to use his nuclear forces to protect his country's ambiguously defined "fundamental interests" possibly portends an escalatory nuclear doctrine that could pose greater concern for South Korea, Japan and the United States, experts say.

World

Some Ukrainians evacuated from the ruins of Mariupol steel plant

ZAPORIZHZHIA, Ukraine (AP)—Some women and children were evacuated from a steel plant that is the last defensive stronghold in the bombed-out ruins of the port city of Mariupol, a Ukrainian official and Russian state news organizations said, but hundreds are believed to remain trapped with little food, water or medicine.

The United Nations was working to broker an evacuation of the up to 1,000 civilians living beneath the sprawling Soviet-era Azovstal plant after numerous previous attempts failed. Ukraine has not said how many fighters are also in the plant, the only part of Mariupol not occupied by Russian forces, but Russia put the number at about 2,000. An estimated 100,000 civilians remain in the city.

U.N. humanitarian spokesperson Saviano Abreu said the world organization was negotiating with authorities in Moscow and Kyiv, but he could not provide details of the ongoing evacuation effort "because of the complexity and fluidity of the operation."

"There is, right now, ongoing, high-level engagements with all the governments, Russia and Ukraine, to make sure that you can save civilians and support the evacuation of civilians from the plant," Abreu told the AP. He would not confirm video posted on social media purportedly showing U.N.-marked vehicles in Mariupol.

Ukraine has blamed the failure of numerous previous evacuation attempts on continued Russian shelling.

In the town of Lyman in the Donetsk region, where at least half the population has fled Russian shelling, around 20 elderly people and children clutching bags along with their dogs and cats boarded a minivan marked with a sign reading "evacuation of children" in Ukrainian. It sped off toward the city of Dnipro as explosions were heard in the distance.

"The liberators have come and have freed us from what? Our lives?" said Nina Mihaylenko, a professor of Russian language and literature, referring to the Russian forces.

Galina Zuev and her husband Aleksander opted to stay, unwilling to leave the place they'd spent their entire lives.

"I am living not so well. There is a war here. They are shelling all the time. The windows have been smashed in our house. The missiles are in the yards," said 68-year-old Galina. "It is frightening."

Russian forces have embarked on a major military operation to seize significant parts of southern and eastern Ukraine, the country's industrial heartland. Ukrainian forces fought village by village Saturday to hold back the Russian advance.

Russia's RIA Novosti news agency said Saturday that 19 adults and six children were brought out from the steelworks, but gave no further details.

A top official with the Azov Regiment, the Ukrainian unit defending the plant, said 20 civilians were evacuated during a cease-fire, though it was not clear if he was referring to the same group. There was no confirmation from the U.N.

"These are women and children," Sviatoslav Palamar said in a video posted on the regiment's Telegram channel. He also called for the evacuation of the wounded: "We don't know why they are not taken away and their evacuation to the territory controlled by Ukraine is not being discussed."

Video and images from inside the plant, shared with The Associated Press by two Ukrainian women who said their husbands are among the fighters refusing to surrender there, showed unidentified men with stained bandages; others had open wounds or amputated limbs.

WORLD BRIEFS

Egyptian officials: Militants blow up gas pipeline in Sinai

EL ARISH, Egypt (AP)—Suspected Islamic State militants blew up a natural gas pipeline Saturday in Egypt's restive northern part of the Sinai Peninsula, causing a fire but no casualties, security officials said. The officials said the suspected militants planted explosives under a pipeline in the town of Bir al-Abd. The expulsion sent thick flames of fire shooting into the sky, and authorities stopped the flow of gas to extinguish the fire, according to eyewitnesses. The officials spoke on condition of anonymity because they weren't authorized to speak to media and the eyewitnesses asked not to be named for fear of reprisal. No group immediately claimed the attack which caused no human casualties.

Israel arrests Palestinian attackers who killed guard

JERUSALEM (AP)—The Israeli military on Saturday said it has arrested a pair of Palestinian assailants who allegedly shot and killed a security guard at the entrance of a Jewish settlement in the West Bank. The detention followed a manhunt that was launched shortly after the attack late Friday. Israeli soldiers, special forces, and border police took part in the detention and seizure of weapons from the two suspects, who it said were seized in the village of Qarawat Bani Hassan. The fresh attack, combined with the death of a Palestinian man elsewhere in the occupied West Bank, could further fuel tensions that have soared over the past two months. A string of Palestinian attacks in Israel and the West Bank have left 15 Israelis dead, while at least 27 Palestinians have been killed by Israeli security forces in recent weeks. The security guard was shot outside Ariel, a major settlement in the northern West Bank, late Friday night by a pair of assailants in a car, the army said. It said the guard stood in front of another guard who was with him, saving her life.

8 children killed in vehicle accident in Egypt's Nile Delta

CAIRO (AP)—At least eight children died Saturday when a passenger tricycle overturned and sank in an irrigation channel in Egypt's Nile Delta, authorities said. The accident took place in the city of Itay el-Baroud in the Mediterranean province of Beheira. The children were workers at a factory in the city, around 140 kilometers (87 miles) north of the capital of Cairo, a police statement said. The three-wheeled vehicle was carrying at least 13 people when it overturned and sank in the channel early Saturday. Rescuers retrieved the bodies of eight children between 12-15 years old, health authorities said. At least four others survived and rescue workers were searching for at least one other. Prosecutors opened an investigation into the cause of the accident.

Health & Wellness

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Phillip Hanks

celebrates his transplant-aversary with 5 new organs

By DARCEL ROCKETT
CHICAGO TRIBUNE

CHICAGO—One year ago, Phillip Hanks was enduring the first of two surgeries. One was almost eight hours to give him a new intestine, stomach, liver and pancreas. The following day, Hanks was back on the operating table to get a kidney.

Hanks, a father of six, received a multivisceral transplant—a simultaneous transplant of multiple organs—at Indiana University Health in Indianapolis in April 2021. Since then, Hanks, of Joliet, Illinois, said he doesn't want to say it's been easy, but his health has been "smooth sailing." No hiccups on the health front, no drama.

In fact, Hanks celebrated birthday 51 on April 23. He's still driving to Indianapolis for hospital checkups, but not as frequently.

"I feel great. I'm back in the gym slightly, trying to get more strength," he said. On Tuesday, the end of National Donate Life Month, Hanks was celebrating the transplant milestone in Illinois Secretary of State Jesse White's office, surrounded by family. White read the Chicago Tribune story about Hanks' journey in 2021, and recruited him to be a spokesperson for the secretary of state's Organ/Tissue Donor Life Goes On program and registry. As one of 12 spokespeople, Hanks has been talking to youth in schools and at secretary of state facilities in the area. He said he's averaging a couple dozen talks every two weeks, and even shot a public service announcement.

White calls it a "perfect match." "He's been there, done that and now he's able to tell his story and spread the news of this wonderful program." White presented Hanks with a commemorative framed license plate with 5ALIVE on it. A family friend made a replica of his dream car (a 1967 Mercury Cougar XR7) in cake form to commemorate the occasion of his second chance at life through organ donation.

"Phil has been so incredibly instrumental and inspiring to the program. Our mission is to strengthen the Illinois organ and tissue donor registry through outreach and registration initiatives and one of the ways we are able to do that is partnering with individuals, organizations, faith-based institutions, learning institutions ... we have coordinators go out and lead the charge and serve as advocates to help us with that mission," said Connie Boatman, director of Life Goes On. "Phil hit the floor running. It's been incredible to have him on board.

"As you know so many minorities believe that organ and tissue donation doesn't work or they have questions about it and we're constantly working to debunk those myths. He's a prime example that organ and tissue donation does save lives and it doesn't matter your race, ethnicity or gender."

Boatman said since White's tenure in office, which began in 1998, Life Goes On has registered 7.3 million people for the donor program.

Hanks still gets teary-eyed when reliving April 26. He was on the transplant list by Dec. 31, 2020, and received his organs four months later. Hanks' wife, Tiva, calls it a miracle.

"I'm feeling very blessed," she said. "We were reminiscing about the actual day: He was asking me questions about what was I feeling? How did it go? How long did it take? It was a mind-blowing experience. I was there by myself in the middle of COVID and it was scary, I spent a lot of the time on the phone with my auntie. My family was really my rock. I spent all that time in the waiting room, just talking on the phone, texting the family, giving them updates on where they were in the procedure and then afterward, she and I talked to the doctors and were felling very grateful that everything went so well. It was an out of body experience to say the least."

Hanks was beaming from ear to ear about his supportive family getting him through it all, sister, aunts, sons and daughters. Tuesday, his 4-month old granddaughter (Gianna Guyton) was by his side, serving as motivation

"We don't realize how close we are to it until it happens to us, that's why it's important for us to get involved," Boatman said. "That's why what Phillip does is so important because you have to have representation. He is an awesome representation that it does work. Black people do get organs and you don't have to be rich, you don't have to be a celebrity. It's important that we educate ourselves and we exercise our due diligence to share our positions with our families to let them know what our wishes are."

BRIAN CASSELLA/CHICAGO TRIBUNE/TNS
Illinois Secretary of State Jesse White, left, recognizes Phillip Hanks on April 26, 2022 in his Thompson Center office on the anniversary of Hanks receiving five organs in a simultaneous transplant.

Don't be embarrassed to put prunes into your grocery cart

By BARBARA INTERMILL
MONTEREY HERALD

Why is it that, real or not, we tend to reject things that associate us with being old? Case in point: A little over two decades ago, the U.S. Food and Drug Administration approved a petition to allow prune producers to market their product as "dried plums." They hoped the new designation might help remove any stigma for those who think prunes are only for grandparents.

Wait, I am a grandparent. And hooray, the California Prune Board says that, although prunes were referred to as dried plums in the past, they are now "embracing and proclaiming the wonders of California prunes with pride."

Whether you call them prunes or dried plums, think of them first as an amazing functional food. That means prunes have other positive effects even beyond their impressive nutritional value.

What is it in prunes and prune juice, for example, that helps prevent constipation? Scientists say the attribute comes from the presence of dietary fiber as well as sorbitol, a sugar alcohol that acts as a mild laxative. At any rate, as little as 1/2 cup of prune juice or four to five prunes a day can keep the old (and young) gut working well.

What really screams out "functional" to me, however, is a growing body of evidence that shows how eating prunes can protect our bones. Two clinical trials from the University of Pennsylvania, for example, found less bone loss and improved bone density in older women who ate five to 10 prunes a day for six months to a year.

Researchers think one possible reason for this positive effect is related to the specific nutrients and other substances in prunes that fortify bones and reduce inflammation at the same time.

If you have diabetes, you may deduce from prune juice's nutrition label that it's got way too much sugar for comfort. Here's the good news, though. Prune juice boasts three ingredients that work together to prevent spikes in blood sugar: dietary fiber, sorbitol (which is half as sweet at regular sugar) and fructose, natural fruit sugar that has a much lower effect on blood glucose than many other types of carbohydrates. Just remember to stick to a half-cup serving size unless your health professional advises you otherwise.

Once you open a bag of prunes, reseal it and store in a cool, dry place. You can also refrigerate prunes in an airtight container, says the California Prune Board.

So whether it's prunes or dried plums you consider most socially acceptable, don't be embarrassed to put them into your grocery cart. They make a great high-powered snack or try some really cool recipes at https://californiaprunes.org/recipes.

Heck, you might even get your grandkids to like them.

DREAMSTIME/TNS
Whether you call them prunes or dried plums, think of them first as an amazing functional food.

Recognizing symptoms of Parkinson's disease

By LAUREL KELLY
MAYO CLINIC NEWS NETWORK

An estimated 1 million people in the U.S. and more than 10 million people worldwide are living with Parkinson's disease, according to the American Parkinson Disease Association.

Parkinson's disease is a progressive nervous system disorder that affects movement. Parkinson's disease signs and symptoms can be different for everyone. Early signs may be mild and go unnoticed. Symptoms often begin on one side of your body and usually remain worse on that side, even after symptoms begin to affect both sides.

Signs and symptoms of Parkinson's disease include:

- Tremor: A tremor, or shaking, usually begins in a limb, hand or fingers. You may rub your thumb and forefinger back and forth, known as a pill-rolling tremor. Your hand may tremble when it's at rest.
- Slowed movement: Over time, Parkinson's disease may slow your movement, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag your feet as you try to walk.
- Rigid muscles: Muscle stiffness may occur in any part of your body. The stiff muscles can be painful and limit your range of motion.
- Impaired posture and balance: Your posture may become stooped or you may have balance problems.
- Loss of automatic movements: You may have a decreased ability to perform unconscious movements, including blinking, smiling or swinging your arms when you walk.
- Speech changes: You may speak softly or quickly, or slur or hesitate before talking. Your speech may be more monotone rather than having the usual inflections.
- Writing changes: It may become hard to write, and your writing may appear small.

There is no cure for Parkinson's disease, but medications can help control the symptoms, often dramatically. If you've been diagnosed with Parkinson's disease, you'll need to work closely with your health care professional to find a treatment plan that offers you the greatest relief from symptoms with the fewest side effects. In more advanced cases, surgery may be advised.

Life & Style

Angelina Jolie makes surprise Ukraine visit, meets children

LVIV, Ukraine (AP)—Hollywood actress and U.N. humanitarian Angelina Jolie made a surprise visit to the western Ukrainian city of Lviv on Saturday, the Lviv regional governor said on Telegram.

According to Maksym Kozytskyy, Jolie—who has been a UNHCR Special Envoy for Refugees since 2011—had come to speak with displaced people who have found refuge in Lviv, including children undergoing treatment for injuries sustained in the missile strike on the Kramatorsk railway station in early April.

The attack in the eastern Ukrainian city appeared to deliberately target a crowd of mostly women and children trying to flee a looming Russian offensive, killing at least 52 and wounding dozens more.

AP

In this image provided by the Lviv city hall Angelina Jolie, Hollywood movie star and UNHCR goodwill ambassador, poses for photo with kids in Lviv, Ukraine, Saturday, Apr. 30, 2022.

"She was very moved by (the children's) stories," Kozytskyy wrote. "One girl was even able to privately tell Ms. Jolie about a dream she'd had."

He said Jolie also visited a boarding school, talk with students and took photos with them, adding "she promised she would come again."

According to Kozytskyy, Jolie also met with evacuees arriving at Lviv's central railway station, as well as with Ukrainian volunteers providing the new arrivals with medical help and counseling,

"The visit was a surprise to us all," he wrote. "Plenty of people who saw Ms. Jolie in the Lviv region could not believe that it was really her. But since Feb. 24, Ukraine has shown the entire world that there are plenty of incredible things here."

Naomi Judd, of Grammy-winning duo The Judds, dies at 76

NASHVILLE, Tenn. (AP)—Naomi Judd, whose family harmonies with daughter Wynonna turned them into the Grammy-winning country stars The Judds, has died. She was 76.

Judd

Her daughters, Wynonna and Ashley, announced her death on Saturday in a statement provided to The Associated Press.

"Today we sisters experienced a tragedy. We lost our beautiful mother to the disease of mental illness," the statement said. "We are shattered. We are navigating profound grief and know that as we loved her, she was loved by her public. We are in unknown territory."

Naomi Judd died near Nashville, Tennessee, said a statement on behalf of her husband and fellow singer, Larry Strickland. It said no further details about her death would be released and asked for privacy as the family grieves.

The Country Music Hall of Fame will continue with a planned induction ceremony for The Judds on Sunday.

"Naomi overcame incredible adversity on her way to a significant place in music history. Her triumphant life story overshadows today's tragic news," said Hall of Fame CEO Kyle Young in a statement. "Her family has asked that we continue with The Judds' official Hall of Fame induction on Sunday. We will do so, with heavy hearts and weighted minds. Naomi and daughter Wynonna's music will endure."

They had also just announced an arena tour to begin in the fall, their first tour together in over a decade.

The mother-daughter performers scored 14 No. 1 songs in a career that spanned nearly three decades. The red-headed duo combined the traditional Appalachian sounds of bluegrass with polished pop stylings, scoring hit after hit in the 1980s. Wynonna led the duo with her powerful vocals, while Naomi provided harmonies and stylish looks on stage.

They also made a return to awards shows when they performed at the CMT Music Awards earlier this month.

"Honored to have witnessed "Love Can Build a Bridge" just a few short weeks ago," singer Maren Morris posted on Twitter on Saturday.

"This is heartbreaking news! Naomi Judd was one of the sweetest people I've ever known," singer Travis Tritt posted on Twitter, noting that he had worked with Judd several times on screen and during performances.

"Country music lost a true legend…sing with the angels, Naomi!!! We're all sending up prayers for the Judd family today," singer Carrie Underwood wrote on Twitter.

Bill Murray says his behavior led to film's pause

Bill Murray on Saturday acknowledged that his behavior on set led to a complaint from a woman and the suspension of filming on his latest movie.

Murray

The actor and comedian, in his first comments about the shutdown of "Being Mortal," described the incident as a "difference of opinion" but declined to provide specifics on what transpired, or who it involved.

"I did something I thought was funny and it wasn't taken that way," he told CNBC during an interview at the annual shareholders meeting for Berkshire Hathaway. "The movie studio wanted to do the right thing so they wanted to check it all out, investigate it and so they stopped the production."

Murray said he and the unnamed woman are talking it through and "trying to make peace with each other." He didn't say when or if production would resume and whether he'd continue to take part in the film.

"We're both professionals," Murray said of the woman. "We like each other's work. We like each other I think and if you can't really get along and trust each other, there's no point in going further working together or making a movie as well."

The 71-year-old "Ghostbusters" and "Caddyshack" comedian suggested the changing nature of what's considered appropriate humor was a factor.

"It's been quite an education for me," he said. "The world is different than it was when I was a little kid. What I always thought was funny as a little kid isn't necessarily the same as what's funny now. Things change and the times change so it's important for me to figure it out."

Murray added: "I think it's a sad dog that can't learn anymore. I don't want to be that sad dog and I have no intention of it."

Hard-hearted mother-in-law has worn out her welcome

DEAR ABBY: For more than 20 years, my mother-in-law has shown blatant favoritism toward my husband's younger brother. Several people, including her own mother and my father-in-law, have tried to discuss it with her, but she refuses. My husband has accepted that there is nothing he can do to change her behavior.

Abby, she has recently, on the rare occasions we see her (once every three to four years), started making snide comments, implying she's "concerned," regarding the intellect of our children, one of whom is in an AP program.

While my husband accepts her lack of love for him and would never cease contact with her, I find her difficult to be around because she is just plain cruel. I would like to discourage her from visiting us in the future. Am I wrong to feel as I do

PROUD WIFE AND MOM

DEAR PROUD: No. By all means keep your mother-in-law away from the grandchildren, because even though she sees them rarely, she'll likely find some way to make them feel "less than." If you thought someone was tainting their food, you wouldn't stand by and watch. Well, the same is true if someone is attempting to lower their self-esteem with snide comments.

■■■■

DEAR ABBY: My husband and I have been married for 35 years. Five years ago, he lost the ability to perform sexually. I admit it hasn't been a priority since I've gotten older and have some health issues. We have figured out other ways to enjoy each other. The problem is, he makes ugly comments about our lack of intimacy as if it's my fault he can't perform. The comments are hurtful and cause me to not want to do anything.

It seems he can turn any remark I make about something into one about sex, and my feelings are often hurt. One minute he's saying how he wouldn't change anything about our life together, and the next he's saying something mean. I'm at a loss about what to do. It's almost like he's two different people. I dread nighttime because that's when it starts. Any ideas?

EXTREMELY FRUSTRATED

DEAR FRUSTRATED: Your husband may be embarrassed, angry and frustrated that he can no longer perform, and he's projecting all of that onto you. He could also be starting to "lose it." I assume you have expressed to him how hurtful his remarks are. Now it's time to discuss this with your family physician, who knows your husband better than I do.

■■■■

DEAR ABBY: Under what circumstances is it socially acceptable to read a stranger's tattoo? I often admire the beautiful artwork, and one can appreciate that with a quick glance. But nowadays, I often encounter people tattooed with a phrase, a quote or even a whole paragraph on their body. Is it rude to stop, stare and read the tattoo? Should I first ask permission?

INTRIGUED IN ST. LOUIS, MO.

DEAR INTRIGUED: When in doubt, ALWAYS ask permission before ogling. If you don't, your admiration could be misconstrued, which could get you in trouble, depending upon where the tattoo is located.

■■■■

TO MY MUSLIM READERS: At sundown, it is time for the breaking of the Ramadan fast. Happy Eid al-Fitr, everyone.

LOVE, ABBY

DEAR ABBY

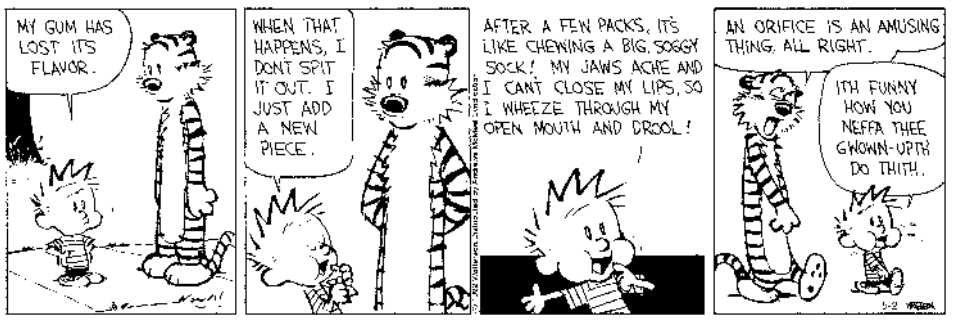
By Abigail Van Buren
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

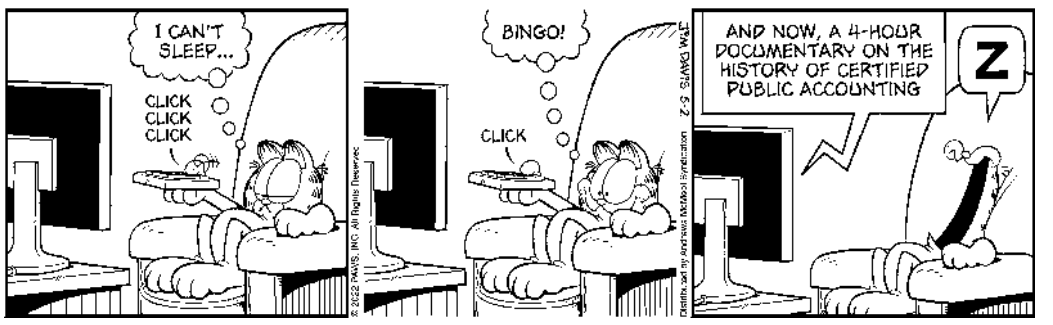
Calvin and Hobbes

By Bill Waterson


MY GUM HAS LOST ITS FLAVOR.
WHEN THAT HAPPENS, I DONT SPIT IT OUT. I JUST ADD A NEW PIECE.
AFTER A FEW PACKS, IT'S LIKE CHEWING A BIG, SOGGY SOCK! MY JAWS ACHE AND I CANT CLOSE MY LIPS, SO I WHEEZE THROUGH MY OPEN MOUTH AND DROOL!
AN ORIFICE IS AN AMUSING THING, ALL RIGHT.
ITH FUNNY HOW YOU NEFFA THEE GWOWN-UPTH DO THITH.

Garfield®

By Jim Davis

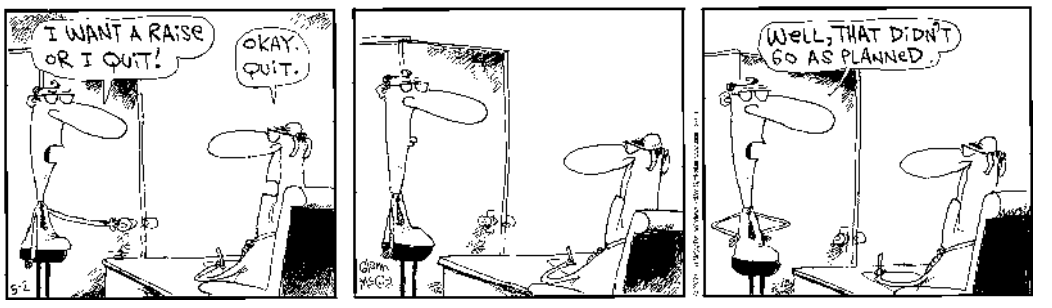


Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 "What was I thinking?"
4 Military group
9 Hardly any
12 — de cologne
13 Inventor Howe
14 Chopper
15 Player with no contract
17 Co. unit
18 Compass dir.
19 Erase
21 Roof beam
24 Start a garden
25 Clean air org.
26 Use a straw
28 Heat setting
31 Barbie, e.g.
33 Annex
35 Did the crawl
36 Took off
38 Valentine's Day mo.
40 Wanted poster abbr.
41 Medicinal plant
43 Kid's coloring stick
45 Epitomize
47 Old Olds
48 Extinct bird
49 Warning device
54 Blunder
55 Finished
56 Chinese chairman
57 Bottom line
58 Quaint oath
59 Sound booster

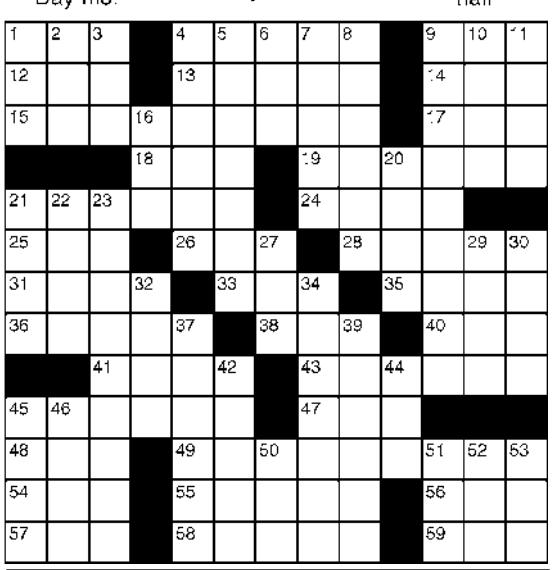
DOWN

1 Dict. info
2 Rowboat need
3 Shade
4 Stops
5 Neighbor of Libya
6 Conk out
7 South African money
8 Honor
9 Gradually disappeared
10 Way out
11 "— Only Just Begun"
16 Ballpark fig.
20 Floral rings
21 Some wines
22 Per person
23 Go to pieces
27 Adobe file format
29 Shark variety
30 One-named supermodel
32 Caron title role
34 Commanded
37 Brittle candy
39 Bakery loaves
42 Sizing up
44 ISP giant
45 Fed. agents
46 Days gone by
50 Vitamin stat
51 Docs' bloc
52 Ewe's mate
53 Unruly hair

Solution time: 26 mins.

T	E	A	■	L	S	D	■	T	E	A	M	S
E	L	L	■	A	M	I	■	A	T	R	I	A
X	I	I	■	M	O	T	O	R	C	I	T	Y
A	N	G	■	P	O	I	U	S	■	■	■	■
S	I	N	E	■	C	O	T	■	H	E	E	D
■	■	■	N	A	H	■	S	V	E	L	T	E
S	M	U	F	F	■	■	■	E	L	I	A	S
I	G	N	O	R	E	■	F	E	E	■	■	■
C	M	O	N	■	R	E	A	■	N	I	K	E
■	■	■	■	S	I	D	L	E	■	N	A	M
D	O	D	G	E	C	I	T	Y	■	U	Z	I
I	R	E	N	E	■	T	E	E	■	R	O	T
S	E	R	U	M	■	S	H	S	■	E	O	S

Last Friday's Answer 05/02



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Kyle Busch, 37; Ellie Kemper, 42; David Beckham, 47; Dwayne Johnson, 50.

Happy Birthday: Emphasize what matters to you. Strive for good health, a better life and trusting relationships with people who contribute and have a positive influence on you. Look for unique ways to use your skills. An industrious attitude will help you achieve progress that makes you proud. Put your energy into concrete ideas, and physically make your dreams come true. Your numbers are 2, 14, 24, 29, 35, 37, 42.

ARIES *(March 21-April 19):* Consider the possibilities, and formulate a plan that helps you excel. Refuse to let what others do or say get you down. Consider what you have to offer, and you'll find a way to expand your interests and improve your direction. ✪✪✪

TAURUS *(April 20-May 20):* Take a chance and do something that makes you feel good about yourself and the contributions you make. Expand your awareness and your qualifications to fit your plans. Be willing to go the extra mile; the rewards will follow. ✪✪✪

GEMINI *(May 21-June 20):* Push your way forward. Draw on experts and people you know you can trust to come through for you. Be patient, compassionate and resourceful, and you will leave a lasting impression. An open discussion will help turn your dream into reality. ✪✪✪

CANCER *(June 21-July 22):* Fulfill promises and reap the rewards. How you act and what you do will make a difference in how others treat you. A financial gain will allow you to invest more time and money into something you want to pursue. ✪✪✪

LEO *(July 23-Aug. 22):* Act in haste, and you'll end up backtracking. Use your intelligence, probe into matters that can upset your plans and make decisions based on facts and figures. Keep an open mind, look at every angle and maximize your skills. ✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* A show of weakness will hold you back. Don't put yourself in a vulnerable position emotionally. Do whatever is needed to take care of responsibilities and outmaneuver anyone who tries to get in your way. Show strength and be a leader. ✪✪

LIBRA *(Sept. 23-Oct. 22):* Invest more time and money into things that matter to you. Make improvements to the way you live and look. Show pride in what you do, offer and plan to achieve. Work hard, play hard and shoot for the stars. ✪✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Unification is in your best interest. Whether working alongside others or taking responsibility for something that requires approval, compromise and consistency will make it easier to reach your goal. A change of heart will set you on the right path. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Speak up, leave nothing to chance, make your needs and wants known. Stability comes with knowledge and learning how to bring people together. Choose peaceful interactions that draw people. Honesty is in your best interest. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Put your heart into your game plan, and you won't be disappointed. Share with the people you love and trust, and together you will build a better future. A short trip or social event will help you gain insight into possibilities. ✪✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Embrace challenges head-on, and use your experience and wit to push your way to the top. Don't procrastinate. Size up situations, and do whatever it takes to set your plans in motion. Follow the path that suits you best. ✪✪

PISCES *(Feb. 19-March 20):* Evaluate your position and lifestyle, and consider how you can make your life easier. Reach out to people you trust to give you good feedback or expert advice. A change will provide you with hope and peace of mind. ✪✪✪✪

Birthday Baby: You are spontaneous, charismatic and demonstrative. You are industrious and caring.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

	3			2	9		4	
7				3	5			6
		1				2		
1	4		9		7			
6	8						1	7
			8		4		9	2
		8				5		
9			5	8				4
	1		2	7			3	

Difficulty Level ★ 5/02

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

6	2	9	8	4	3	7	5	1
5	4	1	2	9	7	6	3	8
7	8	3	6	5	1	9	2	4
1	9	8	4	7	2	5	6	3
3	6	2	9	1	5	8	4	7
4	5	7	3	6	8	2	1	9
8	3	6	1	2	9	4	7	5
2	1	5	7	8	4	3	9	6
9	7	4	5	3	6	1	8	2

Difficulty Level ★★★★

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

FILLING OUT AN ORDER FORM **Solution: 7 letters**

A	D	O	O	F	E	N	I	L	N	O	A	C	T	D
L	A	D	D	X	R	R	E	Y	U	B	G	A	I	E
I	Y	S	C	A	L	C	U	L	A	T	E	R	D	T
S	S	E	N	I	S	U	B	P	D	S	N	D	E	A
T	L	L	F	O	P	E	T	P	R	I	C	A	R	I
E	I	L	K	A	I	A	E	U	O	Z	Y	B	C	L
G	A	E	C	C	X	T	P	S	C	E	T	I	C	S
D	M	R	U	E	A	E	A	E	E	G	N	L	O	G
U	E	O	S	D	C	R	C	M	R	A	I	L	N	N
B	E	T	T	I	M	E	T	O	R	M	R	I	T	I
E	M	S	O	S	A	L	E	R	U	I	P	N	A	H
L	A	V	M	E	G	A	K	C	A	P	F	G	C	T
T	N	R	E	T	O	T	A	L	I	H	O	N	T	O
I	E	S	R	O	E	N	O	H	P	S	C	N	O	L
T	R	O	D	N	E	V	S	Y	N	A	P	M	O	C

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Agency, Billing, Budget, Business, Buyer, Calculate, Card, Chart, Clothing, Company, Confirmation, Contact, Coupon, Credit, Customer, Date, Days, Details, Email, Excel, Fax, Food, Image, Invoice, List, Name, Notes, Online, Package, Paper, Phone, Print, Record, Sale, Scan, Seller, Shipping, Size, Store, Supply, Taxes, Terms, Time, Title, Total, Track, Vendor

Last Friday's Answer: Percussion

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Mets get first no-hitter of MLB season with 5-pitcher effort

NEW YORK (AP)—New York Mets starter Tylor Megill and four relievers combined on the first no-hitter of the Major League Baseball season, teaming up to throw a whopping 159 pitches and beat the Philadelphia Phillies 3-0 Friday night.

Megill was pulled after five innings and 88 pitches. The bullpen took over from there, with Drew Smith, Joely Rodríguez, Seth Lugo and Edwin Díaz completing the second no-hitter in Mets history.

Díaz finished it off in style, striking out Bryce Harper, Nick Castellanos and J.T. Realmuto in the ninth. Mets pitchers combined to fan 12 and walk six.

Johan Santana threw the Mets' only previous no-hitter on June 1, 2012, when he struck out eight and needed 134 pitches in an 8-0 win over the St. Louis Cardinals.

Megill (4-0) struck out five and walked three in his 23rd major league start. Smith got four outs, Rodriguez got three and Lugo recorded the last two outs in the eighth before Díaz took over.

Jeff McNeil hit a two-run single in the fifth off Aaron Nola (1-3). Pete Alonso homered with two outs in the sixth.

AP

New York Mets pitcher Tylor Megill throws during the first inning of the team's baseball game against the Philadelphia Phillies on Friday, April 29, 2022, in New York.

Marlins 8, Mariners 6

In Miami, Jorge Soler and Miguel Rojas homered and Miami won its sixth straight game with a victory over Seattle.

Soler's homer in the first inning bounced off a column behind the left-center field pavilion and was measured at 468 feet, the third-longest in the major leagues this season.

Marlins starter Elieser Hernández (2-1) settled down after a difficult second and limited Seattle to three runs over five innings. Hernández scattered five hits, struck out five and walked one.

Seattle rallied with three runs in the ninth on Jarred Kelenic's one-out RBI double against reliever Shawn Armstrong. Anthony Bender relieved Armstrong and allowed Luis Torrens' sacrifice fly and Adam Frazier's run-scoring single before retiring Ty France on a force out for his fifth save.

Mariners starter Matt Brash (1-2) was lifted after two innings. The right-hander allowed six runs, seven hits, struck out three and walked two.

Angels 5, White Sox 1

In Chicago, Taylor Ward and Shohei Ohtani hit first-inning solo home runs off Lucas Giolito and Los Angeles rode a combined three-hitter to beat Chicago and get its sixth straight win.

Ward finished with three hits and two RBIs, and Ohtani scored three runs as the Angels used seven pitchers to climb seven games over .500 for the first time since June 11, 2018.

Tim Anderson had two hits for the White Sox, who have dropped 10 of 11.

Los Angeles pitchers retired 18 straight White Sox batters on a night when scheduled Angels starter Noah Syndergaard was scratched because of an undisclosed illness. Manager Joe Maddon said Syndergaard "wasn't feeling well" before the game, but wouldn't elaborate on the symptoms.

Jimmy Herget stepped in to start after Noah Syndergaard was scratched and tossed three innings, allowing a run and one hit. Austin Warren (2-0) followed with two perfect innings. Raisel Iglesias got the final two outs and his sixth save as the White Sox loaded the bases.

Giolito (0-1) allowed three and five hits while striking out seven in six innings, his longest outing this season.

Nationals 14, Giants 4

In San Francisco, Juan Soto homered and Washington pounded out a season-high 22 hits, ending an eight-game losing streak by beating virus-ravaged San Francisco.

Jason Vosler and Joey Bart homered for the Giants, who played without several regulars due to a COVID-19 outbreak.

Victor Robles went 4 for 5, driving in three runs and scored three times for the Nats. Josh Bell and Maikel Franco also had four hits, while César Hernández and Alcides Escobar added three each.

Washington's Aaron Sanchez (1-1), who pitched for the Giants last season, gave up three runs in five innings.

Alex Wood (2-1) allowed five earned runs in five innings.

Astros 11, Blue Jays 7

In Toronto, Jeremy Peña hit a three-run home run, Yordan Alvarez and Alex Bregman also connected, and Houston beat Toronto to extend its winning streak to four games.

Bregman hit a solo home run off Yusei Kikuchi in the first, his fourth, and Peña and Alvarez went deep off Trevor Richards in a five-run sixth inning. Houston matched a season-high with 14 hits.

Astros right-hander José Urquidy (2-1) allowed four runs and seven hits in five innings to snap a two-start winless streak. He walked one and struck out six.

Vladimir Guerrero Jr. hit a three-run home run for the Blue Jays, his sixth, and Matt Chapman hit a two-run shot off the facing of the fifth deck in left, his fourth. Blue Jays right-hander Trent Thornton (0-2) allowed one run in 1 1/3 innings.

Rays 6, Twins 1

In St. Petersburg, Fla., Josh Lowe and Mike Zunino homered for the first time this season, Corey Kluber gave up one hit in six innings and Tampa Bay beat Minnesota to halt the Twins' seven-game win streak.

Lowe's first career homer came in a four-run first inning off Twins starter Dylan Bundy (3-1). Zunino's solo shot put the Rays up 6-0 in the third. Bundy, who had given up one run in three previous starts, gave up six runs on seven hits in six innings, striking out seven.

Kluber (1-1) gave up one run on one hit and no walks in six innings, striking out six in his fourth start for the Rays. Carlos Correa had two hits, including driving in the lone run with a single, the only hit off Kluber.

Braves 6, Rangers 3

In Arlington, Texas, William Contreras hit two long home runs, Austin Riley also connected and Travis Demeritte had an inside-the-park homer as Atlanta beat Texas.

Demeritte was emphatically waved home by third-base coach Ron Washington, the baseball lifer who turned 70.

Braves right-hander Ian Anderson (2-1) allowed two runs and three hits with five strikeouts and two walks over six innings. Kenley Jansen worked the ninth for his sixth save in as many opportunities.

Adolis Garcia and Corey Seager homered for Texas, which lost its fourth game in a row. It was Seager's third homer, and second in as many days. Garrett Richards (0-1) was saddled with the loss and was the first of six Texas pitchers.

Yankees 12, Royals 2

In Kansas City, Mo., Aaron Judge, Giancarlo Stanton, Anthony Rizzo and Gleyber Torres all homered and New York won its seventh in a row by topping Kansas City in a rain-shortened eight-inning game.

New York took a 3-2 lead into the seventh before scoring four runs, three on Judge's homer. Torres connected for a two-run drive during a five-run eighth.

Nestor Cortes (1-0) allowed one earned run and eight hits in five innings.

The Yankees wasted little time in putting pressure on Kris Bubic (0-2). D.J. LeMahieu hit a leadoff double to the wall in right field and Judge lined out to center before Rizzo homered to center.

Guardians 9, Athletics 8

In Oakland, Calif., Andrés Giménez hit his first career grand slam, Josh Naylor's two-run home run capped a four-run seventh inning and Cleveland rallied to beat Oakland and snap a seven-game losing streak.

Naylor's home run off Domingo Acevedo (0-1) came after the Guardians opened the seventh with three consecutive doubles, including José Ramírez's two-run hit.

Ramírez also homered in his 1,000th career game with Cleveland, which won for the first time since completing a sweep of the Chicago White Sox on April 21.

Frankie Montas allowed five runs in five innings and walked four — matching the total from his first four starts this season.

Padres 7, Pirates 3

In Pittsburgh, Ha-Seong Kim and Jake Cronenworth homered, and Yu Darvish pitched six effective innings to lead San Diego over Pittsburgh.

Kim was 2 for 4 with a two-run home run in the second inning to tie the game at 2. Cronenworth, who also went 2 for 4, then belted a solo shot in the seventh to finish the scoring.

The Padres got their fourth straight win and ninth in the last 11 games. Darvish (2-1) allowed three runs and eight hits while striking out five and walking one. Taylor Rogers got the last two outs for his eighth save in nine opportunities.

Red Sox 3, Orioles 1

In Baltimore, Christian Arroyo ended Boston's long-ball drought with a two-run shot, and Rich Hill combined with four relievers on a five-hitter to help the Red Sox beat Baltimore.

Arroyo hit his first homer of the season in the second inning to provide the Red Sox with all the offense they needed to saddle the Orioles with their fifth straight defeat. It was Boston's first home run in seven games and only its second in the last 11.

Diamondbacks 6, Cardinals 2

In St. Louis, Madison Bumgarner pitched five strong innings, Daulton Varsho had two hits and Arizona beat St. Louis.

Bumgarner (1-1) outdueled Cardinals pitcher Adam Wainwright in a game featuring two starters who have combined for 314 career wins.

Bumgarner threw a season-high 89 pitches in five innings, giving up one run on three hits. Luis Frias, Noé Ramirez, Joe Mantiply and Ian Kennedy combined for four innings of relief, allowing just one run.

Brewers 11, Cubs 1

In Milwaukee, Hunter Renfroe hit two of Milwaukee's season-high six home runs, Adrian Houser struck out six and scattered two hits over six shutout innings and the Brewers beat Chicago. Houser (2-2) struck out six and walked two.

Cubs starter Kyle Hendricks (1-2) couldn't get out of the fifth, giving up up six runs (tying a season high) and allowing seven hits with two walks and two strikeouts.

Hendricks also served up three home runs, starting with Jace Peterson's two-run blast that capped off a three-run second inning.

Rockies 10, Reds 4

In Denver, Ryan McMahon hit a tiebreaking, three-run home run in the fifth inning and Colorado sent Cincinnati to its major league-worst 17th loss in 20 games.

Elias Diaz also went deep and Antonio Senzatela (2-1) pitched 6 1/3 strong innings for the Rockies, who had 14 hits and snapped a four-game skid hours after star Kris Bryant was placed on the 10-day injured list with a sore back.

The Reds are off to their worst start since beginning 3-18 in 2018, and dropped their fourth straight.

Hunter Greene had an uneven start after regularly surpassing 100 mph in his first two starts. On Friday, his fastball was clocked in the 96-97 mph range for the second straight outing, and McMahon pulled a 96-mph fastball into the second deck in right for his second homer.

Dodgers 5, Tigers 1

In Los Angeles, Justin Turner and Chris Taylor each hit their first home runs of the season to lead Los Angeles over Detroit.

Tyler Anderson (2-0) earned the win for the Dodgers, allowing one earned run on five hits in five innings. He struck out three and walked one.

The Tigers scored their only run in the third inning when Javier Baez singled to center to score Tucker Barnhart.

Alexander (0-3) made his first career start against the Dodgers, allowing four earned runs in 2 1/3 innings.

‘There’s hope’: 76ers waiting to see if Embiid can come back

MIAMI (AP)—The best that Philadelphia coach Doc Rivers could offer Saturday about Joel Embiid’s possible availability for the Eastern Conference semifinal series against Miami was a two-word answer.

“There’s hope,” Rivers said.

For now, Philadelphia will cling to that.

The 76ers and Heat both hit the practice floor Saturday to begin the process of adjusting for a playoff series that won’t have Embiid at the start -- at minimum. Embiid, the NBA’s scoring champion and an MVP finalist this season, has a right orbital fracture and a mild concussion, injuries that were suffered Thursday in a first-round series-clincher at Toronto and were announced Friday night.

Game 1 is Monday in Miami. And the 76ers will be without their center who averaged 30 points per game this season.

“I don’t know how you make up for it, but you figure out how to,” Rivers said. “Yeah, I mean, it’s just a tough injury. The good news, I guess, is he’s had it before. The bad news is there’s just no timeline for when he’s coming back.”

The Heat went from 4.5-point favorites in Game 1 to 8.5-point favorites, according to FanDuel Sportsbook, after the 76ers announced Embiid’s latest injuries. But there were no outward signs of celebration in Miami on Saturday because of Embiid’s absence.

AP

Golden State Warriors guard Stephen Curry (30) is congratulated by Draymond Green (23) during a timeout in the first half of Game 5 of the team’s NBA basketball first-round playoff series against the Denver Nuggets in San Francisco, Wednesday, April 27, 2022.

Quite the contrary, actually.

“I feel bad for my guy,” said Miami’s Jimmy Butler, who played with Embiid in Philadelphia. “Obviously, one of my former teammates. Arguably, the MVP of this league. And I think I speak for everybody that’s a part of this team — we want Jo to play. We want to go up against them at full strength and prove that we can hang with anybody and we can beat anybody. It’s a mishap. I hope he recovers well, and gets back very, very soon.”

Losing Embiid would be difficult enough for the 76ers under any circumstances. The fact that it happened with a 29-point lead and 3:58 left in a game that had essentially been decided only makes it worse.

Rivers bristled at criticism of why he had Embiid in the game at that point. Philadelphia’s lead was never smaller than 18 in the fourth quarter on Thursday, was still 25 with 5 minutes to play and had reached 29 on back-to-back baskets by Tobias Harris and Embiid.

Rivers said the Raptors still had their starters in, and that he was about to call time to sub out his starters when the lead reached 29. He also said that in one-sided closeout games, that would be about the time where benches get cleared.

“Not upset that he was in,” Rivers said. “You can make that a big deal if you want. Just go and look at every team, and every game, and their guys were in until about the 4:00, 3:00 mark.”

Embiid went through a similar issue — orbital fracture and concussion — in 2018 and missed 10 games, plus needed surgery because of the fracture. The 76ers have not mentioned surgery as a possibility this time around, which would seem to raise the possibility that Embiid could be back quicker than he was four years ago.

The concussion would be the first hurdle to clear, and it’s anyone’s guess when Embiid would escape those protocols anyway. If Embiid does play in this series, it would seem likely that he’d have to don a protective mask — something he did four years ago and didn’t exactly enjoy.

“Obviously, tough news to take,” Harris said. “As a group, we want him to get healthy and better. And whenever that is, we’ll be ready.”

Embiid led the 76ers with averages of 30.6 points, 11.7 rebounds and assists and 1.5 blocks per game during the regular season. And even though he’s bothered by a right thumb ligament injury that will require offseason surgery, he also averaged 26.2 points and 11.3 rebounds in the six games against the Raptors.

He’s one of three finalists for MVP, along with Denver’s Nikola Jokic and Milwaukee’s Giannis Antetokounmpo.

“I think it’ll change all of our roles, honestly,” said 76ers center DeAndre Jordan, who now seems likely to have a bigger role in the Miami series. “You can’t replace the MVP. He’s averaging 30 and whatever for the season, and he’s extremely dominant, has been during these playoffs in the first round. So it’s going to be hard to replace that. But I think that we’ll just have to pick it up by committee and everybody will be ready to go.”

Healthy Warriors ready for semifinals vs. young Grizzlies

MEMPHIS, Tenn. (AP)—Splash Brothers Stephen Curry and Klay Thompson have the Golden State Warriors in their seventh Western Conference semifinal in 10 seasons, and both finally are as healthy as they’ve been since reaching five straight NBA Finals from 2015-19.

That remarkable run started when the Warriors rallied from a 2-1 deficit in the second round against Memphis in 2015, marking a big switch in the direction for both franchises.

Ja Morant has the rebuilt Grizzlies back in the West semis for the first time in seven years. The dynamic guard leads a young, brash and deep roster that edged out Golden State for the No. 2 seed in the Western Conference with the NBA’s best record behind only Phoenix.

And Memphis can’t wait to see how it matches up with the veteran-led, playoff-tested Warriors.

“We feel like we are one of the best backcourts in the league as well,” Morant said. “So, going into any matchup, we’re taking ourselves over anybody. We’re very confident. We put in the work.”

The third-seeded Warriors, rested with three days off since ousting Denver on Wednesday night, know what they want starting Sunday afternoon in Game 1.

“We’ve been around the block, and we’re trying to get back to the mountaintop and understand the opportunity in front of us,” Curry said Saturday before the Warriors left San Francisco.

The last time these teams met on the playoff stage in 2015, Memphis jumped out to a 2-1 lead. The Warriors found their turning point after that and went on to win the series in six games on their way to capturing the franchise’s first championship in 40 years.

Golden State coach Steve Kerr calls this a “role reversal” with the Warriors the younger team then and now the more experienced group with four main players still around from that title squad. And yes, Kerr believes postseason runs help teams forge an identity.

“Memphis is in a similar boat now gaining that experience, feeling what it’s like to be on the road and trailing in the fourth quarter, and they’ve done a really good job of advancing and getting to this stage and now it continues,” Kerr said. “The more experience you get, the better.”

Memphis earned the No. 8 seed a year ago after beating San Antonio, then going on the road to beat the Warriors in the play-in tournament. The Grizzlies took three of four in the regular season with Thompson playing only once, Draymond Green playing two and Curry averaging 36.3 points in his three games.

Curry scored at least 30 points in his last two games and three of four coming off the bench in all but Game 5 against the Nuggets to protect his tender left foot. Thompson is thrilled to be back in the playoffs after his 2 1/2-year recovery from surgeries for a torn ACL in his left knee and a torn right Achilles.

“Now that we are finally nearly whole, it’s such a great playoffs again and we look forward to the next round,” Thompson said.

COMEBACK GRIZZLIES

The Grizzlies are still playing because they play their best in the final 12 minutes. They’re the first team in NBA history to post multiple comeback victories when trailing by double digits going into the fourth quarter, and they did it three times ousting Minnesota.

They outscored Minnesota 198-136 in the final quarter, finishing the series with a 40-22 edge in the fourth of Game 6. The Grizzlies ended the game on a 17-7 run. The Grizzlies not only lead the NBA scoring 33 points in the fourth quarter this postseason, they also top the league in that quarter making 45.3% of their 3s.

IN THE PAINT

The Warriors believe they can defend any big man after getting past Denver star Nikola Jokic in the first round – even if the 7-foot reigning MVP averaged 31 points, 13.2 rebounds and 5.8 assists over the five-game series.

Now, Golden State gets to take on a Memphis squad that led the NBA in rebounding during the regular season — and only Milwaukee has hit the boards better so far in the postseason with the Grizzlies averaging 46.3 rebounds per game.

Green and Kevon Looney handled the defensive load against Jokic with help from everyone like guards Gary Payton II, Thompson and even Curry. The next challenge on the low block is Xavier Tillman and Brandon Clarke with Steven Adams — the league’s top rebounder on the offensive boards — still out in the health and safety protocols.

TALKING 3s

Memphis finally has a 3-point shooter this franchise has been looking for in Desmond Bane who set the franchise record for most 3s made. Since Nov. 18, he has been the NBA’s best 3-point shooter at 45.9%, and now he has Memphis’ postseason mark with 27 3s in six games to lead this postseason.

Morant called Bane the MVP of Memphis’ first-round win over Minnesota.

Right behind him?

Thompson is making 4.4 3-pointers per game with Curry at 3.8.

POOLE’S PRESENCE

While Jordan Poole’s five games in the first round were his first formal playoff games, Kerr considers last year’s play-in games with the Grizzlies quite an introduction for the third-year guard to the big stage.

He started along with Curry and Thompson in the Warriors’ clinching Game 5 win against the Nuggets. Poole averaged 21 points against Denver, shooting 51.9% from beyond the arc to give Golden State yet another perimeter threat and matchup problem.

Eagle Construction, Blue Haus arrange finals tiff

By MARK RABAGO
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ASSOCIATE EDITOR

Eagle Construction and Blue Haus will meet in the best-of-three championship after vanquishing separate rivals in the semifinals of the masters division of the Inaugural SCLC Basketball League last Saturday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

In the first game, Eagle Construction continued its rise from a 0-4 start in the eliminations by upsetting No. 2 seed NAPA Auto, 92-84.

MARK RABAGO

Eagle Construction's Raymond Santos carves up the defense of NAPA Auto's Jorge De Guzman, left, and Dante Tabora during their masters division game in the Inaugural SCLC Basketball League last Saturday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

Both teams were evenly matched in the first half with Eagle Construction taking a candle stick lead, 22-21, after the first quarter and a 3-point lead, 41-38, at intermission.

Bouncy Raymond Santos and ageless warrior Alex Ocampo then combined for 14 points in the third to allow Eagle Construction some breathing room entering the payoff period, 67-59.

The wheels suddenly fell off from NAPA Auto in the fourth as the team finally succumbed to Eagle Construction's trapping defense. It also helped that Santos hit from inside and outside and Jun Singca was a one-man fast-break. It got so frustrating for NAPA Auto big man and leading scorer Jorge De Guzman that after getting the rebound in the dying seconds of the ballgame, he attempted a 3-point shot at their own basket and it went in.

Santos led all scorers with 28 points, while Ocampo and Singca added 13 markers apiece. Former semi-pro Ed Cosino pumped in 10 points for good measure. De Guzman was the lone bright spot for NAPA Auto as he fired in 22 points. James Abuy was the only other double-digit scorer for NAPA Auto with 12 markers.

In the second game, Blue Haus continued its perfect season with a 108-98 victory over Marianas Dental Center. After a relatively tight first quarter that saw the powerhouse team take a mere 6-point lead, Blue Haus took off the gloves in the second and established a 25-point spread at the half as Junar Guiab bullied his way to 14 points.

Fradel Sedillo and Gerry Tolentino, however, willed their team to a comeback at the start of the second half and trimmed their deficit to just 13 points with a quarter to go in the ballgame. The duo fired 18 points between themselves in the rally.

But Blue Haus would steady themselves in the final 10 minutes of the contest and maintained their double-digit advantage as come-backing Ed Diaz momentarily ditched his beloved fishing pole and scored 7 points. Guiab was the high-point man for Blue Haus with 29 points to lead five teammates in double figures. Tolentino scored 25 points in the loss, which relegated MDC to a third-place match against also-ran NAPA Auto.

First Game

Eagle Construction 92 – Santos 28, Ocampo 13, Singca 13, Cosino 10, Umali 8, L. Itaas 8, Sublemente 4, Alegre 2, Surima 2, Sampang 2, Garcia 2.

NAPA Auto 84 – De Guzman 22, Abuy 12, Manabat 8, Bartolo 6, Tabora 6, Tobias 6, Tibayan 3.

Scoring by quarters: 22-21, 41-38, 67-59, 92-84.

Second Game

Blue Haus 108 – Guiab 29, T. Diaz 18, J. Santos 14, Esdrelon 14, E. Diaz 11, Elchico 8, Jomacquio 5, Berline 4, Peredo 4.

MDC 98 – Tolentino 25, Sedillo 18, Calbone 17, Catalla 15, Villarin 12, Lumauag 8, Quemado 4.

Scoring by quarters: 26-20, 66-41, 81-68, 108-98.

MARK RABAGO

Blue Haus' Tony Diaz drives against MDC's Rodney Catalla during their masters division game in the Inaugural SCLC Basketball League last Saturday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

FMS

From Page 20

"We still have a chance and that's the opportunity for them to show the Napu Riders' spirit of not giving up and showing resilience," Murphy said.

After the pep talk with their coaches, FMS players prepared to face Dandan, which stayed in contention following a 22-17 win over Tinian in another losers bracket game. With their chances to advance to the finals on the line, Dandan and FMS engaged in a back-and-forth match, which the Napu Riders eventually won in the end after getting decisive baskets from Lucero. The eighth grader scored FMS' last 7 points, including a triple to beat the buzzer.

Just a few minutes after winning over Dandan, FMS returned to the court to face a well-rested Hopwood-1 in Game 1 of the finals. The Hilitai then seemed headed for a win when they opened a 16-9 lead behind the strong outside shooting of Jeric Javier, Marc Tengco, and Tyler Omelau. FMS sued for time as Hopwood-1 was threatening to break away and when the game resumed, the Napu Riders closed out the final four minutes of the first half with a 9-0 blast to grab the lead, 18-16.

The Napu Riders never looked back after that and brought the momentum of their Game 1 victory to the deciding Game 2 to clinch the division championship. Lucero capped his long-game brilliance with another buzzer-beating trey and was mobbed by his teammates after the basket as the Napu Riders celebrated the title win.

Finals
Game 1

FMS 33 – Lucero 20, Addy 7, Navarro 2, Basa 2, Defang 2.

HOP-1 24 – Javier 12, Tengco 5, Lizama 4, Omelau 3.

Scoring by halves: 18-16, 33-24

Game 2

FMS 30 – Lucero 21, Addy 4, Navarro 3, Defang 2.

HOP-1 22 – Ruben 6, Saimu 4, Santos 4, Javier 2, Omelau 2.

Scoring by halves: 14-8, 30-22

TRIPLE J

From Page 20

are also bringing other sports to Rota and Tinian. Your sponsorship will go a long way in lieu of obviously exposure and that's what we're really working very hard with our marketing team," he added.

At the center of Triple J's silver sponsorship for the Mini Games is their flagship hotel, Saipan Surfrider Hotel.

"The rooms are being used as we speak and we're bringing in international delegates along with international technical support and this is the [hotel] they will be using. Right after that, tennis will also be coming in, golf is on the way, and *va'a*. So the next couple of weeks Surfrider will be quite busy. We really, really appreciate the support to the games organizing committee. *Yu'us ma'åse*."

For his part, Triple J president and COO Jeff Jones said his company is glad to do its share in the CNMI's successful hosting of the Mini Games, which is set from June 17 to 25 this year.

"Triple J has been a part of the community for many years and it's part of our philosophy to give back to the community that's given so much to us. So, we're just happy to be able to do this and support the Northern Marianas Pacific Mini Games this time with rooms and car [rentals]. I thinks it's 120 nights of rooms and 120 days of car [rentals]. We're just thankful to be able to contribute and be part of this great program," he said.

SNYDER

From Page 20

ro theory of human motivation that identifies a person's innate psychological needs and growth potential. He added it also has a much more sophisticated view of motivation than is traditionally taught.

"Most of us have heard of the difference between extrinsic and intrinsic motivation. But what SDT does is look at extrinsic motivation as a continuum of motivations that can be more controlled or more autonomous. For example, at the most controlling, behaviors are regulated based on rewards and punishments. But moving toward more autonomous forms, we find identified and integrated regulation. We have probably all taken a class that didn't interest us but put effort into it because we knew that getting good grades there might lead to a goal we wanted. That is an example of identified regulation, the desire to accomplish the task is still outside of us but we have identified it as important to our goals. Integrated regulation is the closest thing to intrinsic motivation in the continuum. It is when the task is fully aligned with our inner goals and selves. It is who we are."

In relating SDT to his old high school coach, Snyder said when Wilson said "he was a coach first, a runner second and a police officer third," he wasn't saying that he would shirk his responsibilities as a police officer in order to coach.

"I am sure if an emergency came up, we wouldn't have seen coach Al at practice that day. But what I think he was saying was that being a coach was aligned with his inner self. It is who he was at his core. Coaching a bratty Ron Snyder at 15 years old might not always have been intrinsically motivating to him. But he did it because that is who he was."

Snyder believes this is also true of all of the NMSA coaches present at the 2021 NMSA Annual Sports Banquet.

"We coach because the relationships with our athletes bring meaning to our lives. We coach because the successes of our athletes are our successes. We continue to coach when we are feeling sick or are just tired because coaching is aligned with our inner selves and desires. We coach because that is who we are," he said.

Mets get first no-hitter of MLB season with 5-pitcher effort

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FMS survives Hopwood in finale

By ROSELYN B. MONROYO
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REPORTER

The tireless Francisco M. Sablan Middle School played three straight games for nearly two hours and won them all to rule the 2021-2022 IT&E Interscholastic Boys Middle School Basketball League.

The Napu Riders first defeated Dandan Middle School in the loser's bracket semifinals game last Saturday at the Marianas High School Gymnasium, 35-24, and then overcame Hopwood Middle School-1's twice-to-beat advantage in the finale, prevailing both in Games 1 and 2, 33-24 and 30-22, to reign supreme in the 12-team competition.

Christian Lucero lifted FMS in the stretch, as he scored in double figures in each of the three matches and totaled 59 points. He had 18 in their semis win over Dandan and then recorded 20 and 21 in Games 1 and 2 of the finals.

The Napu Riders had to beat Hopwood-1 twice in the championship round after dropping to the losers bracket last Saturday morning. FMS and Hopwood-1 squared off for the semis berth in the winners bracket after surviving the first two playoff matches last Thursday and Friday. The Hilitai went on to stun FMS, 19-16, to take the first finals seat.

It was a heartbreaker for the Napu Riders, who were undefeated in the regular season and were favored to ease their way to the championship round before Hopwood-1 caught them by surprise.

"They were so disappointed with the loss. However, we, coaches, asked them what they want to do next after the setback. Either they backdown or fight back," said Ezekiel Macario, who co-coached the Napu Riders with Nadia Murphy and Angel San Nicolas.

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ROSELYN B. MONROYO
Francisco M. Sablan Middle School's Christian Lucero, left, beats Hopwood Middle School-1's Bactu Saimo in the rebound play in Game 2 of their finals duel in the 2021-2022 IT&E Interscholastic Boys Middle School Basketball League last Saturday at the Marianas High School Gymnasium.

Triple J is Mini Games silver sponsor

By MARK RABAGO
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Triple J Saipan Inc. donated 120 nights at Saipan Surfrider Hotel and an equal number of days of car rentals as part of its silver sponsorship agreement for this year's Northern Marianas Pacific Mini Games 2022.

Northern Marianas Pacific Mini Games Organizing Committee CEO Vicente "Ben" Babauta said the generous in-kind donation of Triple J will go a long way in making sure the CNMI's guests in this coming quadrennial games will be comfortable and welcome in their stay in the Commonwealth.

"I would like to thank Triple J and its group of companies for a really, really outstanding donation for the Pacific Mini Games. We're expecting over 1,800 visitors that includes over 1,200 athletes, 300 team officials and coaches, and Pacific Games associates including over 20 media from all over the Pacific," he said.

Babauta said the Mini Games will not only highlight the athletic excellence of athletes from around the region, but also will give the CNMI an opportunity to play perfect hosts to the nearly 2,000 athletes, officials, and other guests bound for the islands this coming June.

"It's a unique first time ever that we will be hosting the Pacific Mini Games. It used to be called South Pacific Mini Games and now it's just Pacific Mini Games. It's quite exciting also for the entire [Northern] Marianas as we gear up and showcase our culture [and traditions]. We

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MARK RABAGO
Triple J Saipan Inc. president and COO Jeff Jones and Northern Marianas Pacific Mini Games Organizing Committee CEO Vicente "Ben" Babauta hold the ceremonial $30,000 check that represents the company's silver sponsorship to this year's quadrennial event at the parking lot of the Saipan Surfrider Hotel last Thursday. Jones and Babauta are joined by other Triple J executives and staff as well games organizing committee staff.

Snyder: We coach because that is who we are

By MARK RABAGO
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ASSOCIATE EDITOR

Newly minted NMSA Coach of the Year Dr. Ron Snyder wants a mulligan for the "rambling" acceptance speech he delivered last April 19 during the 2021 NMSA Annual Sports Banquet at the Kensington Hall of Kensington Hotel Saipan.

The CNMI National Athletics coach said being named NMSA Coach of the Year has gotten him thinking about a couple of things.

"The first is that I am not a great impromptu public speaker. So, apologies to everyone who had to suffer through my rambling remarks. But it has also gotten me thinking about the coaches I have had in my life."

One coach in particular that had a profound impact in his life is Al Wilson.

"He was one of my high school cross country coaches, a great runner. and a police officer in my hometown. One day coach Al said, 'I am a coach first, a runner second, and a police officer third.' That statement really resonated in my young mind but I don't think I really understood it until I started writing my doctoral dissertation."

Snyder's dissertation was grounded in Self-Determination Theory. He said it's a mac-

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Snyder